



Know Your Numbers

During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol and triglyceride levels, your blood pressure and more. Knowing your numbers is an important part of keeping your heart-healthy. It can help you and your doctor know your risks and mark the progress you're making toward a healthier you. To get a quick overview of numbers you need to know and the goals you need to reach, start by printing the following chart. If you choose, you can even post it on your refrigerator as a reminder to love your heart.

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary Less than 100 mg/dL 100 to 129 mg/dL 130 to 159 mg/dL 160 to 189 mg/dL 190 mg/dL and above	Optimal Near Optimal/Above Optimal Borderline High High Very High
HDL ("Good") Cholesterol	50 mg/dL or higher	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL	
Body Mass Index (BMI)	<25 Kg/m2	
Waist Circumference	<35 inches	
Exercise	Minimum of 30 minutes most days, if not all days of the week	

Keep Your Numbers in Check

The first step to a healthy heart is learning the simple things you can do every day. By getting involved in fun physical activities and enjoying nutritious meals, you can help reduce your risk of heart disease. But don't do it for the "numbers," do it for you!

Source: Go Red for Women