

Know Your Numbers

FACTOR	RECOMMENDED LEVELS	
Blood Pressure	< 120/80 mmHg	
Fasting Glucose	< 100 mg/dL	
Total Cholesterol	Less than 200 mg/dL	
LDL (Bad) Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Above/Near Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
190 mg/dL and above	Very High	
HDL (Good) Cholesterol	Men: above 40 mg/dL Women: above 50mg/dL	
Triglycerides	<150 mg/dL	
Body Mass Index (BMI)	Less than 200 mg/dL	
Waist Circumference	<35 inches for Women <40 inches for Men	
Exercise	Minimum of 30 minutes most days, if not all days of the week	



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