

Know Your Numbers

Do your “health numbers” fall within these “optimal” ranges? Remember, your “health numbers” aren’t set in stone. You can turn bad numbers around when you make healthy changes in your lifestyle.

Cholesterol:

- Total cholesterol less than 200
- HDL above 40 for men; above 50 for women
- LDL less than 130

Blood Pressure:

- Under 120/80

Blood Glucose (fasting):

- Between 70 and 99

Body Mass Index (BMI):

- 18.5 to 24.9

*According to the American Heart Association.

Tracking Your Health Numbers

Use this card to keep track of your own “health numbers.”

Cholesterol:

Total: _____

HDL: _____

LDL: _____

Blood Pressure: _____ / _____

Blood Glucose (fasting): _____

Body Mass Index (BMI): _____

Tracking Your Health Numbers



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