

KNOWING YOUR NUMBERS

Knowing your numbers in key health areas can show you how healthy you are, and where there might be potential warning signs.

MY BIOMETRICS

HEIGHT	WEIGHT	AGE	WAIST CIRCUMFERENCE	GENDER <input type="checkbox"/> Male <input type="checkbox"/> Female
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BLOOD PRESSURE RANGES

NORMAL BELOW 120 — AND — BELOW 80	ELEVATED 120-129 — AND — BELOW 80	HYPERTENSION STAGE ONE 130-139 — OR — 80-89	HYPERTENSION STAGE TWO 140+ — OR — 90+	MY BLOOD PRESSURE IS mmhg mmhg
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FASTING BLOOD SUGAR RANGES

NORMAL BELOW 100 mg/dL	PRE-DIABETES 100-125 mg/dL	DIABETES 126+ mg/dL	MY BLOOD SUGAR IS mg/dL
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TOTAL CHOLESTEROL RANGES

GOOD BELOW 200 mg/dL	BORDERLINE 200-239 mg/dL	HIGH 240+ mg/dL	MY CHOLESTERAL IS mg/dL
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CHOLESTEROL TYPES

	DESIRABLE	BORDERLINE	HIGH
LDL “bad cholesterol”	<100	130-150	>160
HDL “good cholesterol”	>50	50-35	<35
TRIGLYCERIDES	<150	150-500	>500