

KNOW YOUR NUMBERS

▶ Blood pressure

Normal = 120/80 or less

High blood pressure = 140/90 or higher

▶ Cholesterol

Total – 200 or less

LDL- “lousy”/bad cholesterol – 130 or less

HDL – “happy”/good – the higher the better

Increased risks if less than 40 for men, less than 50 for women

- Triglycerides – less than 150, the lower the better

▶ Blood Glucose

Normal – less than 100 fasting

Pre-diabetes – fasting blood sugar 100-126

Diabetes – more than 126 fasting(two separate occasions), or more than 200 random