



## NUMBERS TO KNOW FOR HEALTH & HAPPINESS

# 6 Healthy Heart Numbers



To lower your risk of heart disease, aim for these target numbers\*:

1. Blood pressure – less than 120/80
2. Body mass index (BMI) – 18.6 to 24.9. Find your BMI at [cdc.gov/healthyweight/assessing/bmi/index.html](http://cdc.gov/healthyweight/assessing/bmi/index.html).
3. Fasting blood glucose – less than 100
4. Fasting blood triglycerides – less than 150



5. Total blood cholesterol – less than 200

6. Waist measurement of:

- 40 inches or less if you are a man
- 35 inches or less if you are a woman

\* Discuss your target heart numbers with your doctor. Together, develop a plan to reach your goals.



### Take Action: Lower Your Heart Disease Risk

1. If you smoke, quit. Don't give up trying!
2. Eat healthy foods, including fruits and vegetables and limit others, such as saturated fats and added sugars.
3. Do regular exercise. Aim for at least 150 minutes of moderate activity and two sessions of strength training each week.
4. Take your medications as prescribed to reach and maintain your target numbers.