

Know Your Numbers

During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol and triglyceride levels, your blood pressure and more. Knowing your numbers is an important part of keeping your heart-healthy. It can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

To get a quick overview of numbers you need to know and the goals you need to reach, use the following chart. If you choose, you can even post it on your refrigerator as a reminder to love your heart.

Then read on to learn the steps you can take to reduce your risk for heart disease. Once you know a few key facts about your numbers, you'll be on your way to mapping out a heart-healthy lifestyle for you and your loved ones.

Factor	Goal	
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	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	HDL cholesterol level above 40 mg/dL for Men OR 50mg/dL for Women	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL (Fasting Plasma Glucose) HbA1c (glycosylated hemoglobin) less than 7%	
Body Mass Index (BMI)	<25 Kg/m²	
Waist Circumference	<35 inches for Women <40 inches for Men	
Exercise	Minimum of 30 minutes most days, if not all days of the week <small>If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.</small>	

* "<" means "less than"