

Know Your Numbers

Total Cholesterol
less than **200** mg/dL

LDL (bad) Cholesterol
less than **100** mg/dL

HDL (good) Cholesterol
women more than **50** mg/dL

men more than **40** mg/dL

Triglycerides
less than **150** mg/dL

Control High Blood Pressure
less than

120/80 mmHg

Control Diabetes
less than **100** mg/dL

Daily Physical Activity

30 minutes to maintain

60 minutes to lose

BMI
Body Mass Index
less than

25
Kg/m²

Waist Circumference

women
less than **35"**

men
less than **40"**

... and have **Heart Healthy** goals



Beaufort Memorial

Eat a balanced, healthy diet by focusing on fruits, vegetables, grains, fat-free and low-fat dairy products, fish, legumes and sources of protein low in saturated fat (poultry, lean meats and plant sources).

Don't smoke and avoid second hand smoke.

Schedule regular visits to your doctor and get a good understanding of how your medications work.