

# 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/m<sup>2</sup>

**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.