

Know Your Numbers

| Your Numbers | 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 | 50 mg/dL or higher |
| | Triglycerides | <150 mg/dL |
| | Blood Pressure | <120/80 mmHg |
| | Fasting Glucose | <100 mg/dL |
| | Body Mass Index (BMI) | <25 Kg/m ² |
| | Waist Circumference | <35 inches |
| | Exercise | Minimum of 30 minutes most days, if not all days of the week |