

# CHECKLIST TO A HEALTHY HEART

## Blood Pressure

	<b>Systolic</b>	and	<b>Diastolic</b>
<b>Normal</b>	Less than 120		Less than 80
<b>Elevated</b>	120–129	and	Less than 80
<b>High blood pressure, stage 1</b>	130–139	and	80–89
<b>High blood pressure, stage 2</b>	140 or above	and	90 or above

Today's result

High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer. Elevated blood pressure is likely to become high unless steps are taken to control it. For high blood pressure stages, doctors prescribe lifestyle changes and discuss adding medication. High blood pressure increases your risk of heart attack, stroke, kidney failure and congestive heart failure.

## Tobacco Use

Y or N

A smoker's risk of developing coronary heart disease is 2 to 4 times that of a nonsmoker. The surgeon general has called smoking "the leading preventable cause of diseases and death in the U.S."

## Regular Exercise

Y or N

The American Heart Association recommends a minimum of 30 minutes of exercise a day, most days of the week. Regular physical activity reduces your risk of heart disease and stroke.

## Waist Measurement

Today's result

### Ideal measurement

<b>Women</b> .....	35 inches or less
<b>Men</b> .....	40 inches or less

This shows how much fat you have around your middle. Abdominal fat is more dangerous than fat in other parts of the body.

### To measure

- Place a tape measure around your bare stomach, just above your hip bone.
- Pull the tape measure until it fits snugly around you but doesn't push into your skin.
- Make sure the tape measure is level all the way around.
- Relax, exhale and measure.

## Body Mass Index (BMI)

### Ideal BMI

Between ..... 18.5 and 24.9

BMI is a measure of body fat. It is important because excess body fat makes the heart work harder.

### To find your BMI

- Divide your weight by the square of your height.
- For an easy BMI calculator, go to [mayoclinic.com](http://mayoclinic.com) and search for “BMI.”

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*Today's result*

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## Total Cholesterol

### Accurate even if you have eaten.

Desirable ..... Less than 200  
Borderline ..... 200–239  
High ..... 240 or above

Cholesterol is a soft, fat-like substance found in your body's cells. Too much cholesterol in the blood increases your risk of developing coronary artery disease. Individuals who lower their blood cholesterol level reduce their risk of heart attack, stroke and other vascular diseases.

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*Today's result*

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## Triglyceride

### Less accurate if you have eaten in last 12 hours.

Desirable ..... Less than 150

Triglyceride is a type of fat in the blood. High-fat foods, alcohol, simple sugars and excess calories raise triglyceride levels. A high triglyceride level is related to heart disease risk.

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*Today's result*

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## HDL

*(good cholesterol)*

### Accurate even if you have eaten.

Desirable ..... **Women:** Greater than 50  
**Men:** Greater than 40

About one-third to one-fourth of blood cholesterol is carried by HDL, which tends to carry cholesterol away from the arteries. A high level of HDL seems to protect against heart attack.

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*Today's result*

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## LDL

*(bad cholesterol)*

### Less accurate if you have eaten in the last 12 hours.

Desirable ..... Less than 100

LDL is the major cholesterol carrier in the blood. Too much LDL cholesterol in the blood can lead to plaque buildup, a thick, hard deposit that can clog arteries.

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*Today's result*

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## Blood Sugar

Normal ..... Nonfasting: 70–110;  
Fasting 70–99

Individuals with diabetes have too much glucose, or sugar, in their blood. Diabetes seriously increases the risk of developing heart disease and stroke. If you have diabetes, it is imperative you work with your health care provider to manage it.

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*Today's result*