KNOW YOUR NUMBERS

- **Blood pressure**
  Normal = 120/80 or less
  High blood pressure = 140/90 or higher

- **Cholesterol**
  Total – 200 or less
  LDL- “lousy”/bad cholesterol – 130 or less
  HDL – “happy”/good – the higher the better
    - Increased risks if less than 40 for men, less than 50 for women
      - Triglycerides – less than 150, the lower the better

- **Blood Glucose**
  Normal – less than 100 fasting
  Pre-diabetes – fasting blood sugar 100-126
  Diabetes – more than 126 fasting(two separate occasions), or more than 200 random