

# Know Your Numbers

Many people who have chronic illnesses do not have symptoms. Knowing your critical health numbers is crucial for prevention and early detection of heart disease. Know your numbers and talk to your provider about whether you are at risk.

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

HgA1C  
Less than  
**5.7**  
for non-diabetic

Daily Physical Activity

**30**  
minutes to maintain

**60**  
minutes to lose weight

Triglycerides  
Less than  
**150** mg/dL

Body Mass Index (BMI)  
Less than  
**25**

HDL (Good) Cholesterol

Women > **50** mg/dL

Men > **40** mg/dL

Blood Pressure  
Less than  
**120/80**

Fasting Blood Glucose  
Less than **100** mg/dL

Waist Circumference

Women < **35"**

Men < **40"**

LDL (Bad) Cholesterol

Less than  
**100** mg/dL

For more information on how you can stay healthy and keep your numbers in check, visit the HP Toolbox:

[www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-february.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-february.aspx)

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