

Wellness by the Month

YOUR HEALTHY HEART – IT’S A NUMBER’S GAME

You can lower your risk of heart disease by controlling the following factors

Blood Pressure	lower than 120/80 mmHG
Total Cholesterol	less than 200 mg/dL
LDL “bad” Cholesterol	less than 100 mg/dL (optimal level)
HDL “good” Cholesterol	higher or equal to 50 mg/dL
Fasting Blood Sugar	less than 100 mg/dL
Waist Circumference	less than 35 inches for women less than 40 inches for men
Triglycerides	less than 150 mg/dL

And of course:

Stop smoking. Smoking increases your risk of heart disease by two to four times that of non-smokers.

Get some exercise. Health experts agree that getting 30 minutes of physical activity each day is beneficial to weight management, lowering blood pressure, cholesterol and blood sugar levels.

Eat healthy. Limit foods that are high in saturated fats. Increase fiber to 30 - 35 gm fiber (whole grains and beans are examples) daily. Eat a variety of colorful fruits and vegetables up to nine servings per day.

Maintain a healthy weight. – Adults whose weight is 20 percent higher than the recommended weight for their height are considered overweight.