

You need to know your numbers.

You can avoid sweets and still have high blood sugar... say no to gooey foods and have high cholesterol... or be caffeine-free with high blood pressure.

So don't guess your numbers. **Know them.** Just a few numbers can tell you a lot. The point of Know Your Numbers is this: You can't manage what you don't measure.

Blood Pressure

High blood pressure can indicate risk for heart or kidney failure, aneurysms, or hardening of the arteries—even if you have no symptoms. Yours should be no higher than 120/80.

Fasting Blood Sugar

Keeping blood sugar levels normal (less than 100) is an effective way to prevent diabetes or reduce its complications.

Total Cholesterol

High cholesterol means a high risk for heart disease. Ideal total cholesterol level is less than 200, with HDL (good) cholesterol greater than 60 and LDL (bad) less than 100.

Body Mass Index (BMI)

BMI is a measure of body fat based on your height in relation to weight. Unless you have a significant percentage of muscle weight, your BMI should fall between 18.5 and 25.

Take this KYN Challenge card to your doctor, get these simple screenings done, and write the numbers down. Once you understand their significance, you can take action to make you even better.



Date:	Ideal	My Numbers	My Numbers	My Numbers
	Example: 11/30/2008	/ /	/ /	/ /
Blood Pressure	< 120 / 80			
Fasting Blood Sugar	< 100			
Total Cholesterol	< 200			
HDL (Good) Cholesterol	> 60			
LDL (Bad) Cholesterol	< 100			
BMI—Body Mass Index Weight (lbs.) X 703 / height (in.) ²	18.5–25			
Waist Measurement	Male: < 40" Female: < 35"			
Exercise	30 min., 5 days a week			

Based on research reported by the Centers for Disease Control, the National Institutes of Health, the Partnership for Healthy Weight Management, the National Heart, Lung and Blood Institute, and the U.S. Department of Health and Human Services.

Ideal values are based on averages recommended for healthy adults. Check with your doctor to determine ranges that are best suited for you.



know your numbers