

WEIGHT						
Date						
Weight						
Waist Circumference						

Keeping your weight under control with exercise and diet is important to staying heart-healthy. A minimum of 30 minutes of exercise, 5 – 7 times per week; and a waist circumference measurement under 35" is recommended.

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know your numbers

Knowing your numbers is a good step towards improving your heart health.

If your numbers put you at risk, Heart Center of the Rockies provides screening, diagnostic testing, intervention, surgery and treatment for heart disease and other cardiovascular conditions.



Heart Center
 OF THE ROCKIES
 Poudre Valley Health System

CHOLESTEROL					DATE			
	Optimal	Borderline High Risk	High Risk	Very High Risk				
Total	Below 200	200-239	≥240					
LDL (bad)*	Below 100	100-129	130-159	160 and above				
HDL (good)	≥60	51-59	41-50	≤40				
Triglycerides	≤150	151-199	200-499	500 and above				

*Your cholesterol goal actually depends on how many other factors put you at risk for heart disease and stroke; your healthcare provider can tell you your goal.

BLOOD PRESSURE		DATE	READING
<i>Systolic, the higher number, stands for the pressure in the arteries while your heart is beating; diastolic, the lower number, stands for the pressure between heartbeats.</i>			
Optimal	<120/80		
Normal	120/80-129/84		
High-Normal	135/85-139/89		
High (hypertension)	140/90 or higher		

The American Heart Association says one in four Americans has high blood pressure; nearly one-third of those individuals don't even know they have it!