

## RECOMMENDED NUMBERS\*\*

- Blood Pressure (BP) < 120/80 mmHg
- Fasting\* – Cholesterol (Blood lipids)
  1. Total cholesterol: < 200 mg/dL
  2. LDL < 100 mg/dL
  3. HDL  $\geq$  50 mg/dL (Women),  $\geq$  40 mg/dL (Men)
- Triglycerides < 150 mg/dL
- Salt intake < 2300 mg/day
- Fasting Glucose < 100 mg/dL
- Normal Body Mass Index (BMI) should be 18.5~24.9  
e.g. a 5'7" person's weight should be between 118-159 lb
- Physical Activity is at least 30 min/day
- Quit Smoking or call 1-800-QUIT-NOW (784-8669) for help

\* Fasting means 8-12 hours before test

\*\* If you have any question, please ask your healthcare professional

## CONTACT INFORMATION

Wisconsin  
Heart Disease & Stroke  
Prevention Program

[dhs.wisconsin.gov/  
health/cardiovascular](http://dhs.wisconsin.gov/health/cardiovascular)



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## PREVENT Heart Disease & Stroke

**Taking control of your own health keeps you healthy and makes you feel better. Moderate daily physical activity, appropriate nutrition, weight control, and cessation of smoking can help you lower your blood pressure and lipids (blood fats).**

