



How Well Do You Know Your Numbers?

Many people do not understand the full meaning of their numbers that reflect one's current state of health, but knowledge is power. "By understanding these numbers and comparing them with national normal numbers, one has the power to begin making healthy lifestyle choices, such as exercising and eating a healthy diet," said Murphy.

If you know some of your numbers, but aren't sure if they're considered normal, here are the healthy limits and ranges:

- **Blood Pressure:**
 - Systolic (top number): Less than 120 mmHg
 - Diastolic (bottom number): Less than 80 mmHg
- **Cholesterol:**
 - Total cholesterol: Less than 200 mg/dL
 - LDL ("bad") Cholesterol: Less than 100 mg/dL
 - HDL ("good") Cholesterol: 50 mg/dL or higher for women and 40 mg/dL or higher for men
 - Triglycerides: Less than 150 mg/dL
- **Fasting Glucose:**
 - Less than 100 mg/dL
- **Body Mass Index (BMI):**
 - Below 18.5: Underweight
 - 18.5 – 24.9: Normal
 - 25.0-29.9: Overweight
 - 30.0 and Higher: Obese

- **Weight:**

- Ideal weight depends on your age, height and gender. Discuss with your doctor to see if you're in a healthy weight range.

If you're concerned about any of the numbers above, don't hesitate to schedule an appointment with your physician.

Health Metric	Ideal Range
Blood Pressure (Systolic)	<120 mmHg
Blood Pressure (Diastolic)	<80 mmHg
Total Cholesterol	<200 mg/dL
LDL Cholesterol	<100 mg/dL
HDL Cholesterol	Women: 50 mg/dL or higher Men: 40 mg/dL or higher
Triglycerides	<150 mg/dL
Fasting Glucose	<100 mg/dL
BMI	<25
Weight	*Ask your physician