

Your Body, Your Numbers, Your Health

Presented By: Kristie Holt, MPH, MCHES



There are health related numbers everyone should be aware of.

Some you can use daily to guide your healthy habits, other numbers you should discuss with your doctor.

Your Number:

1

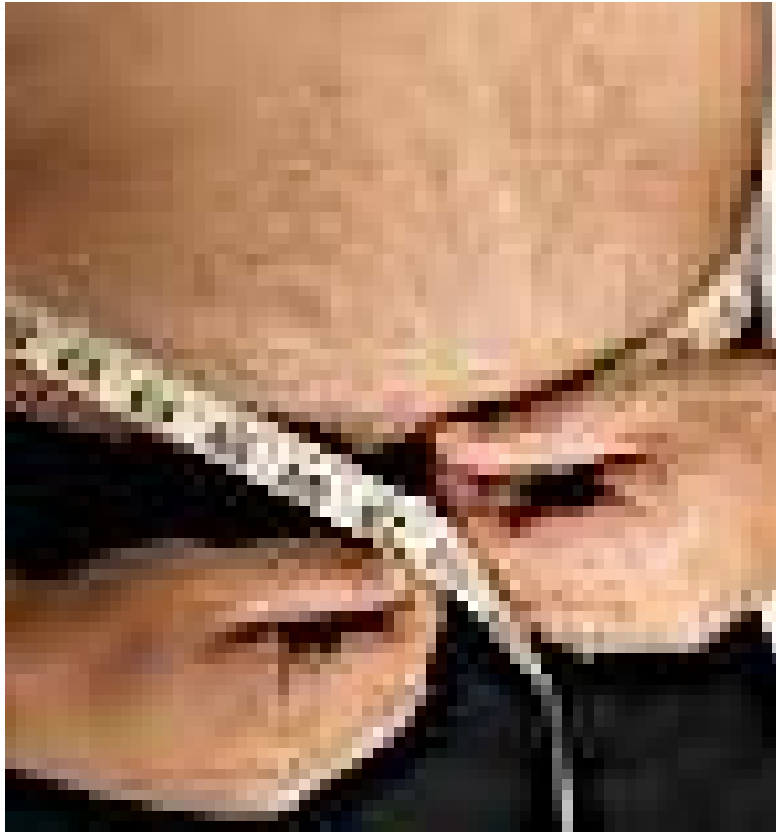
Break the fast within ONE hour of rising.



Ask your doctor about taking
one aspirin a day.



One Measurement That Counts: Waist Circumference



- Men should not exceed 40 inches
- Women should not exceed 35 inches

Your Number:

2

Know Your Blood Pressure Goals

Systolic

- 120 or less

Diastolic

- 80 or less

Take 2 Screening Tests for Diabetes

HbA1c Test

Finds your average blood sugar over the last 6 to 12 weeks.

Normal range for people without diabetes is between 4% and 6%.

Goal for diabetics is less than 7%.

Fasting Blood Glucose

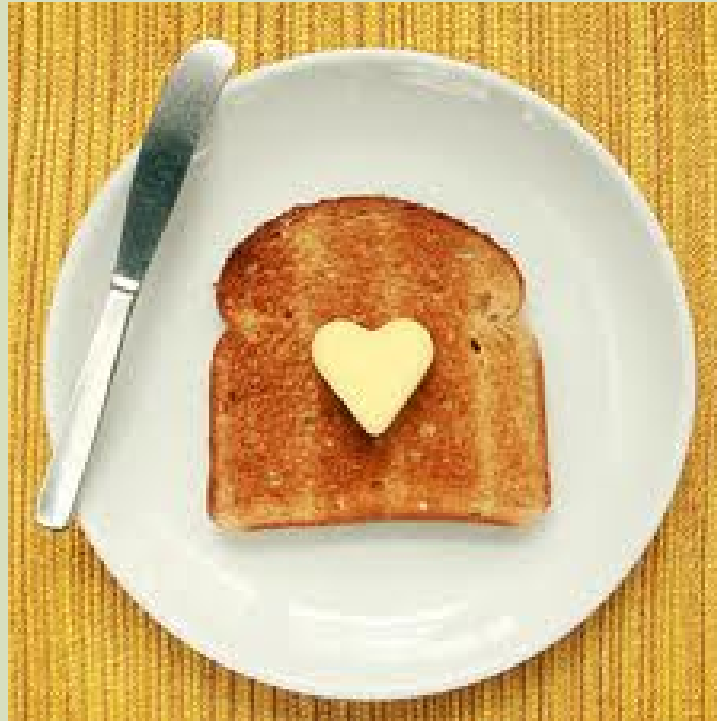
Ideal level is below 100 mg/dl.

Levels between 100 and 125 indicate pre diabetes.

Levels above 126 indicate diabetes.



Consume 2 g of Plant Sterols
Daily to Lower Cholesterol



Consume foods high in
omega-3s at least 2x per
week.



Your Number:

3

Walk Daily



❖ 3 miles

❖ 3000 steps

❖ 3- 10 minute
walks

Your Number:

4

Never go more than 4 hours between a meal or snack.

Eating smaller, more frequent meals helps you get a keep a healthy weight and normal blood sugar levels.



Know Your 4 Blood Lipid Levels

- ◆ Total Cholesterol should be less than 200 mg/dl.
- ◆ LDL levels should be less than 100 (130 for people at low risk) .
- ◆ HDL levels should be at least 40 for men, and between 45 and 50 for women.
- ◆ Triglycerides should be less than 150.

Your Number:

5

Know the 5 Symptoms of Metabolic Syndrome

- **A large waistline.** For men, this means 40 inches or more. For women, it means 35 inches or more.
- **High triglycerides** or taking medication to treat high triglycerides.
- **Low levels of HDL (“good”) cholesterol** or taking medications to treat low HDL. For men, below 40. For women below 50.
- **High blood pressure** or taking medications to treat high blood pressure. High blood pressure is 130/85 or higher.
- **High fasting blood glucose (sugar)** or taking medications to treat high blood sugar. This means a fasting blood sugar of 100 mg/dL or higher.

Incorporate the 5 Components of Fitness

- ✓ Cardiovascular
Endurance
- ✓ Muscular Strength
- ✓ Muscular
Endurance
- ✓ Flexibility
- ✓ Body Composition



To lose weight safely, create a 500 calorie deficit daily.

- ✓ 250 less calories from food
- ✓ Burn 250 more calories with exercise
- ✓ Total of 500 calories per day. 3500 calories per week equals 1 pound of fat loss.



Your Number:

6

Exercise on MOST if not all days of the week.



Be physically active for a total of 60 minutes each day.



Your Number:

7

Get 7 - 9 hours of sleep each
night.



Your Number:

8

Know the 8 Major Risk Factors for Heart Disease

- 1. Smoking**
- 2. High blood pressure**
- 3. Diabetes**
- 4. Family history of early heart disease event (male less than 55, female less than 65)**
- 5. Age (men over 45, women over 55)**
- 6. High Total Cholesterol (high LDL, Low HDL)**
- 7. Obesity**
- 8. Physical Inactivity**

Drink at least 8 – 8oz glasses
of water daily.



Your Number:

9

Make 9 servings of fresh
“free” veggies per day your
goal.



Your Number:

10

If you are overweight, losing just **5 - 10%** of your body weight significantly lowers your risk for diabetes heart disease, heart attack, stroke and certain types of cancer.

Every pound counts!



Try These 10 Super Foods

1. Plain Yogurt
2. Nuts
3. Salmon
4. Broccoli
5. Wild Berries
6. Avocado
7. Cinnamon
8. Beans
9. Quinoa
10. Green Tea

Take 10 for Yourself!

