

# KNOW YOUR NUMBERS

<b>Factor</b>	<b>Goal</b>	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	<b>50 mg/dL or higher</b>	
Triglycerides	<b>&lt;150 mg/dL</b>	
Blood Pressure	<b>&lt;120/80 mmHg</b>	
Fasting Glucose	<b>&lt;100 mg/dL</b>	
Body Mass Index (BMI)	<b>&lt;25 Kg/m<sup>2</sup></b>	
Waist Circumference	<b>&lt;35 inches</b>	
Exercise	<b>Minimum of 30 minutes</b> most days, if not all days of the week	



Mercy Medical Center Redding

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