

***Biometrics - What Do the Numbers Mean? By cbhinc***

As we read about health & wellness today and when we go to the doctor for our annual physical, it is more apparent than ever that we must take responsibility for our own health & wellness as well as our families'. We must continue to read & ask questions to educate ourselves about our level of wellness and our health risks. And we must take action to minimize those risks. Ask for these numbers when you visit your physician.

Here are a few numbers, referred to as "Biometrics," (the measuring & analysis of physical characteristics or attributes) that are very important and what they mean.

<b><u>Biometric</u></b>	<b><u>Desired Number</u></b>	
<b>Blood Pressure</b>	115/75	Contracted/Relaxed pressure of heart & vessels
<b>Waist Measurement</b>	Less than half your height at belly button	Women – less than 37 inches Men – less than 40 inches Ideal: W – 32, M - 35
<b>Blood Sugar</b>	Less than 100	Take in less than 60 gms sugar/day
<b>Cholesterol</b>	Less than 200	
HDL (good)	Greater than 35	High density lipids
LDL (bad)	Less than 130	Low density lipids
<b>Body Mass Index (BMI)</b>	Healthy Range: 18.5-24.99 Overweight: 25.00-29.99 Obese: 30.00 or more	A person's weight in relation to height



**What can I do to achieve these numbers?**

- **Quit Smoking**
- **Eat Colorful Veggies & Fruits Daily**
- **Cut out extra sugar, less than 60 gms/day**
- **Fiber** Take in **30 grams** of fiber/day
- **Fat** **30% or less** of daily calories, some say **less than 20 gms/day**  
**Saturated & Trans Fats are bad, avoid them**  
 Monounsaturated (Omega-3's) are good – nut & fish oils  
 Polyunsaturated – moderation
- **Move your body 5-6 days/week for 20-45 min, strength train 2-3 days/week**
- **Sodium** Put away the salt shaker, take in less than 2300 mg/day  
 That is about 1 tsp/day – this includes salt already in prepared foods