



Living a Healthy Life

What are some things you can do to live a healthier life? Whatever age you are, you are more in control of your health than you know. Making simple lifestyle changes can lower your risk of getting certain diseases. Start by talking to your doctor.

- When you have tests, ask about the results.
- Ask the doctor what your numbers are and what they mean.
- Ask the doctor what changes you can make that will help you.

Give yourself a target to reach. This will keep you on track to reach your goal of a healthier you!

Know Your Numbers

Numbers to Know	Target Range	Why is it important to know?
Blood Pressure	120/80 or lower If you have diabetes, your blood pressure should be below 130/80.	High blood pressure is a force behind heart disease, stroke, and kidney failure.
Cholesterol	HDL (good cholesterol) 60 mg/dL and above LDL (bad cholesterol)-below 100mg/dL	High cholesterol is a risk factor for heart disease and stroke.
Glucose	Below 100 (fasting)	High blood sugar levels can lead to heart disease, diabetes, and Alzheimer's disease
Waist	Less than half or your height. Women 35 inches Men 40 inches	A large waist increases your risk of heart disease and diabetes.
Weight	Body Mass Index - 18.5-24.9	Excess weight increases the risk of heart disease, certain cancers, and diabetes.

Health Risk Factors You CAN Control

Remember to discuss your numbers with your primary care provider.

Below are the risk factors that can raise your numbers. When you make healthier choices, your risk goes down. You'll have less chance of getting the diseases listed above. You'll also feel better, and have a better chance to enjoy a long, healthy life.

Risk Factor	High Cholesterol	High Blood Pressure	High Blood Sugar	Over Weight	Large Waist
Overweight	X	X	X	X	X
Tobacco use	X	X	X		
Not enough exercise	X	X	X	X	X
Alcohol use		X	X	X	X
Too much stress	X	X	X	X	X
Not taking medications as prescribed	X	X	X		
Too much fat in diet	X			X	X
Too much salt		X		X	
Too little potassium		X			
High blood pressure			X		

Sources:

www.nhlbi.nih.gov

www.heart.org

www.cdc.gov

www.diabetes.org

www.aarp.org/healthguide

www.makehealthychoices.org

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