

## Know Your Numbers



**80% of heart disease and stroke events are preventable.**

**Take action; know your numbers:**

- 1. Blood Pressure**  
**Optimal: Less than 120/80**
- 2. Cholesterol Levels**  
**Optimal LDL: Less than 100**  
**Optimal HDL: 60 or greater**
- 3. Waist Size**  
**Optimal for women: Less than 35 in.**  
**Optimal for men: Less than 40 in.**

Source: American Heart Association