

Download File PDF Know Your Number

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



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My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Know your numbers

Want to know more about your health? Start by knowing your numbers for blood sugar, blood pressure, cholesterol and body weight. If these are too high, you are more likely to have heart disease and other health problems. Getting your numbers checked regularly and knowing what they mean is a good first step toward better health.

- Blood Sugar = 100**
Health number: Blood sugar
What should my number be? Before eating, less than 100. Two hours after eating, less than 140.
What is it? The amount of sugar in your blood.
- Blood Pressure = 120/80**
Health number: Blood pressure
What should my number be? Less than 120/80.
What is it? The force of blood against the arteries when the heart beats. High numbers can strain the heart and stroke (burst blood vessels).
- Blood Cholesterol = 200**
Health number: Blood cholesterol
What should my number be? Total cholesterol, less than 200.
What is it? A waxy substance produced by the liver. Too much can make it harder for blood to circulate.
- Body Weight = BMI 18.6-24.9**
Health number: Body weight
What should my number be? Body mass index of 18.6-24.9.
What is it? Your ideal body weight depends on your genetics, age, height and frame. BMI provides a good guideline.

UK HealthCare.
Gill Heart Institute

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