

HEART HEALTH BY THE NUMBERS

IDEAL NUMBERS* FOR AVERAGE ADULTS



BLOOD PRESSURE

**120/80
mm Hg**



FASTING BLOOD SUGAR

100 mg/dL



BODY MASS INDEX (BMI)

25 kg/m²



CHOLESTEROL

**≤ 100 LDL or “bad”
cholesterol
≥ 60 HDL or “good”
cholesterol**

WHY IT MATTERS.....

Understanding your numbers is essential for optimal heart health. Take our cardiac risk assessment and speak with your doctor about your heart health.

*Ideal statistics as per the American Heart Association guidelines