

Steps to Reduce Your Risk

- ✓ Accumulate 30 minutes of activity on most days - you can break this up into smaller segments throughout the day with the same benefit
- ✓ Stop smoking
- ✓ Eat 2 - 3 cups of fruits and vegetables per day
- ✓ Consume 20-25 grams of dietary fiber per day
- ✓ Do not exceed 300 milligrams of cholesterol per day
- ✓ Reduce your fat intake between 20 - 35% of your total calories and saturated fat less than 10% of your total calories
- ✓ Consume 3 cups of fat-free or lowfat milk or equivalent milk products
- ✓ Limit total sodium intake to less than 2,300 milligrams per day
- ✓ To maintain body weight in a healthy range, balance calories from food and beverages with calories expended
- ✓ Select a stress reducing activity that works for you

We Can Help You
Stay Healthy



**“Know Your Numbers”
Personal Health Journal**



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Cholesterol (Mg/dl): When there is too much cholesterol in the blood, the excess builds up on the walls of the arteries limiting blood flow to the heart (source: *National Cholesterol Education Program*).

Test Results

Total Cholesterol: ____
 LDL Cholesterol: ____
 HDL Cholesterol: ____
 Triglycerides: ____
 Ratio: ____

Norms

Total Cholesterol: <200
 LDL: 100 - 129
 HDL: >40 Men; >50 Women
 Triglycerides: <150
 Ratio: <4.5

Action*

Nutrition
 Physical Activity
 Weight Management
 No Smoking

Blood Glucose (Mg/dl): Diabetes increases your risk for heart disease, stroke, kidney disease, blindness, amputation and other serious problems (source: *American Diabetes Association*).

Date: _____

Fasting Blood Sugar:

Action*

Nutrition
 Physical Activity
 Weight Management
 No Smoking

Norms - Fasting Plasma Glucose

Pre-Diabetes: 100 - 125 mg/dL
 Diabetes: ≥ 126 mg/dL

Blood Pressure (mmHg): High blood pressure is dangerous because it makes the heart work too hard. This can increase the risk of a heart attack or stroke (source: *National Heart, Lung and Blood Institute*).

Date:	Reading

Norms

Normal: <120/80
 Prehypertension: 120-139/80-89
 Stage 1 Hypertension: 140-159/90-99
 Stage 2 Hypertension: ≥160/≥100

Action*

Nutrition
 Physical Activity
 Weight Management
 No Smoking

Body Mass Index (BMI): Increased BMI is a risk for high blood pressure, high cholesterol, diabetes, heart disease, stroke, and many orthopedic concerns (source: *National Heart, Lung and Blood Institute*).

Measurements:

Weight: _____

Height: _____

BMI: _____

Waist: _____

Norms - BMI

18.5 - 24.9 Normal
 25 - 29.9 Overweight
 30 & Above Obese

Norms

Waist: < 35" Women; < 40" Men

Action*

Nutrition, Physical Activity, Weight Management

***Be sure to consult your doctor if your results are outside the normal range**