

5 Numbers You Need to Know for a Healthy Heart

1 BMI (body mass index):

18.5 – 24.9 - Normal
25.0 – 29.9 - Overweight
30+ - Obese

2 Waist Size

(measured at your belly button):
Women: less than 35"
Men: less than 40"



3 Blood Pressure

Top number (systolic):
under 120
Bottom number (diastolic): under 80



5 Blood Sugar

Less than 100
(after fasting 8 hours)



4 Cholesterol

Keep your LDL and Triglyceride levels low



Help Your Heart!

Determine your BMI with a free online calculator. Find a tape measure to figure out your waist size. And see your doctor to learn your blood pressure, blood sugar and cholesterol levels.

To make an appointment with an Ohio State cardiologist, call **888-293-7677**



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Learn more at go.osu.edu/prevention