

Legacy Health

There's a reason why heart disease is called the silent killer: *It can take you by surprise.*

Do you know the personal numbers important to your heart health?

Knowing some important numbers about yourself allows you to be proactive about your heart health. These are the goals you want to reach for an optimal healthy heart, set out by the American Heart Association. Compare your own numbers.

Factor	Goal
Total cholesterol	Less than 200 mg/dL
LDL cholesterol (low density lipoprotein)	Less than 100 mg/dL Optimal
	100 – 129 mg/dL Near optimal
	130 – 159 mg/dL Borderline high
	160 – 189 mg/dL High
	190 mg/dL and above Very high
HDL cholesterol (high density lipoprotein)	50 mg/dL or higher
Triglycerides	Less than 150 mg/dL
Blood pressure	Less than 120/80 mmHg
Fasting glucose	Less than 100 mg/dL
Body mass index (BMI)	Less than 25 Kg/m ²
Waist circumference	Less than 35 inches
Exercise	Minimum of 30 minutes, 5-7 days per week

