



KNOW YOUR NUMBERS

Know your numbers and stay healthy. When it comes to your health there are 5 numbers you should know.

BLOOD PRESSURE

Blood pressure is the pressure of blood in the arteries. It is created by the heart's constant pumping of blood around the body and the size of the blood vessels through which the blood passes. The ideal blood pressure level is less than 120/80mmHg. The higher the figure (120 – systolic blood pressure) refers to the blood pressure during each heartbeat or whilst your heart is 'at work'. The lower figure (80 – diastolic blood pressure) refers to your blood pressure between beats or whilst the heart is 'resting'.

RESTING HEART RATE

Resting heart rate is the number of times that your heart beats per minute while you are seated. This number is given with blood pressure reading and both will decrease with small lifestyle changes. Seventy beats per minute is normal but the lower the better.

CHOLESTEROL

Cholesterol travels through the bloodstream in protein packages called lipoproteins. There are 2 types of lipoprotein which are low-density lipoprotein (LDL), the so-called bad cholesterol and high-density lipoprotein (HDL), dubbed the "good" cholesterol.

If your body produces more LDL than the cells can absorb, it lodges in artery walls and contributes to the build-up of atherosclerotic plaque. HDL removes LDL from the artery walls and ferries it back to the liver for processing or removal. Total Cholesterol (TC) is the measurement of both lipoproteins and the ideal number is 5mmol or less.

WAIST MEASUREMENT

Carrying too much weight around your middle may put you at greater risk of developing coronary heart disease, high blood pressure and diabetes. The ideal waist measurement is less than 94cm for men and less than 80cm for women.

BODY FAT

Body fat is the reservoir of fat found in the cells which, when needed, is used as a source of energy. Everyone has it; body fat is needed to sustain life. Your weight can be misleading – and two people of similar shape and size will have different body fat percentages if one person exercises regularly and the other doesn't. Body composition is a better indicator of health & fitness than body weight. Exercise encourages improved muscle tone which increases your lean mass and reduces your fat mass even though your weight may not change. A normal range of body fat percentage varies by gender, age and may be influenced by body build, on average it's 25-31% for women, 18-24% for men.