

Week 1

RAISE YOUR
GAME

You can't manage
what you don't measure!

When it comes to your health there are five numbers you should know:

Blood Pressure **120/80**
BP changes all the time
but at rest it should be

70bpm Resting heart rate
Seventy beats per minute is normal
but the lower the better

Cholesterol **5mmol** (or less)
Ideal total cholesterol

Waist size
>94cm (men)
>80cm (women)

Body fat
18-24% (men)
25-31% (women)



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