

Do you know your numbers?



Fasting Blood Sugar



A fasting blood sugar level of **70-99 mg/dL** is considered normal.

Total Cholesterol



Should be below **5mmol/L**.

Exercise



Adults should aim to do around **150 minutes** of **moderate-intensity exercise** or **75 minutes** of **vigorous-intensity activity** per week.

Body Mass Index



BMI **between 18.5 and 24.9** is considered healthy for most adults.

Alcohol intake



Under 14 units of alcohol per week is recommended.

Blood Pressure



Ideal is **120/80**.

Systolic pressure (top number) – the pressure when your heart pushes blood out around your body.

Diastolic pressure (bottom number) – the pressure when your heart rests between beats and blood is pushed around your body.



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