

# FILL IN THE BLANKS

KNOWING YOUR HEALTH NUMBERS CAN REDUCE  
CARDIOVASCULAR HEALTH RISKS

BLOOD SUGAR: \_\_\_\_\_ mg/dL  
BLOOD PRESSURE: \_\_\_\_\_ mm Hg  
TOTAL BLOOD CHOLESTEROL: \_\_\_\_\_ LDL: \_\_\_\_\_ HDL: \_\_\_\_\_  
BODY MASS INDEX (BMI): \_\_\_\_\_  
DAILY PHYSICAL ACTIVITY: \_\_\_\_\_ MINUTES

Talk with your health care provider about  
what your numbers mean and steps that you  
can take to keep them in a healthy range.



For more cardiovascular health facts, visit  
[FOH.PSC.GOV/KNOWYOURNUMBERS](http://FOH.PSC.GOV/KNOWYOURNUMBERS)