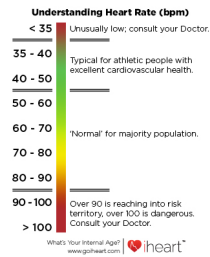


Blood Pressure

Normal	
Systolic: <120 mm Hg	Diastolic: <80 mm Hg
Pre-hypertension	
Systolic: 120-139 mm Hg	Diastolic: 80-89 mm Hg
Stage 1 Hypertension	
Systolic: 140-159 mm Hg	Diastolic: 90-99 mm Hg
Stage 2 Hypertension	
Systolic: ≥160 mm Hg	Diastolic: ≥100 mm Hg
Hypertensive Crisis	
Systolic: >180 mm Hg	Diastolic: >110 mm Hg

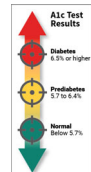
Heart Rate



Blood Glucose

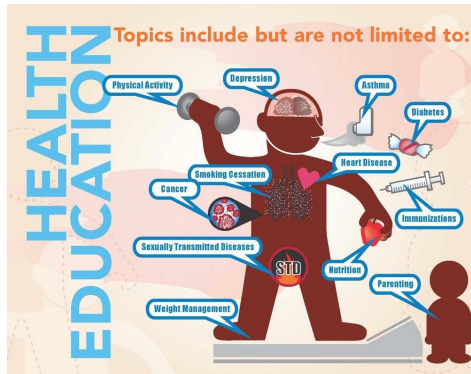
BLOOD GLUCOSE CHART

Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200 plus



A1c Test Results

- Diabetes: 6.5% or higher
- Prediabetes: 5.7 to 6.4%
- Normal: Below 5.7%



Visit the Doctor

- Primary Care Provider: every year for an annual physical
- Dentist: every year for an annual check-up; twice a year for cleanings
- Eye Doctor: every 1-2 years for an eye exam

Health Screenings

- Breast Self-Exam: Monthly several days after your menstrual cycle
- Pap Smear: Women age 21-65 ~ Every 3 years
- Mammogram: Women age 50-74 ~ Every 2 years
- Testicular Self-Exam: Monthly after a warm shower
- Prostate: Men age 45 ~ Every year
- Colonoscopy: Men & Women starting at age 50 ~ every 10 years

Vaccinations

- Influenza (Flu): Every year
- Tetanus: Every 10 years
- Herpes Zoster (Shingles): age 50+ ~ two doses that are 2-6 months apart
- Pneumococcal (Pneumonia): age 65+ ~ one dose

Hydration



DEHYDRATION

- Only half of your body is made of water.
- At least 8 out of 4 people are dehydrated daily.
- Dry mouth and fatigue are later signs of dehydration.
- DEHYDRATION PROMOTES INFLAMMATION, ASTHMA, WEIGHT GAIN, HIGH BLOOD PRESSURE AND MORE.
- DAILY WATER INTAKE RECOMMENDATION: 10 CUPS OF WATER PER DAY (Males), 8 CUPS OF WATER PER DAY (Females).
- Remember, caffeine and alcohol promote dehydration.

Exercise

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.



Muscle-strengthening activity
Do activities that make your muscles work harder than usual.



Tight on time this week? Start with just 5 minutes. It all adds up!

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