



# Know your health numbers

These key stats will help make sense of your health checks and understand what's normal for you, so you can keep track of your health and seek support when you need it.



## Body mass index (BMI)

**Ideal range: 18.5 – 24.9**

Gives an indication of how healthy your weight is.



## Blood pressure

**Ideal range: 90/60 – 120/80mmHg**

Measures the force of your heart pumping blood around your body.



## Cholesterol levels

**Total cholesterol to HDL cholesterol ratio: below 6mmol/L**

Cholesterol is a fat-like substance found in the blood.



## Waist size

**Healthiest below 80cm (31.5in) for women / 94cm (37in) for men**

Gives an indication of fat levels around your internal organs.



## Blood sugar

**Before eating: 4 – 6 mmol/L**

**After eating: Less than 8 mmol/L**

How much glucose you have in your blood (guidance for non-diabetics).



## Active minutes

**Aim for 150 minutes per week**

The NHS recommends at least 150 minutes of moderate intensity exercise each week.