



# Men's health: know your 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

**Healthy total: below 5mmol/L**

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



## Waist size

**Healthiest below 94cm (37in)**

Gives an indication of fat levels around your internal organs.



## Active minutes

**Aim for 150 minutes per week**

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



## Phone numbers

**Key digits to save to your phone**

Add your GP, NHS 111 and the Samaritans (116 123) to your contacts for quick access to support.

