

BLOOD PRESSURE AND CHOLESTEROL LEVELS

A doctor or health-care professional should take your blood pressure and draw some blood for a cholesterol test. Ask your health-care professional to spend five minutes with you to interpret your results, and ask if he or she has any recommendations for you as you start an exercise program or diet.

IDEAL LEVELS:

Blood pressure: less than 120/80 mm Hg (It's the top number that counts.)

Cholesterol:

LDL (bad) cholesterol: below 100 mg/dl

HDL (good) cholesterol: above 40 mg/dl

Total cholesterol: below 200 mg/dl

Triglycerides: below 150 mg/dl

(All target levels are according to the American Heart Association.)