



Know Your numbers

Be Pro-active With Your Health

A New You Personal Fitness Training invites you to **Know Your numbers** by participating in our FREE blood pressure, body fat, hip-to-waist ratio and weight circumference measurement checks during our **Know Your numbers** program.

One third of all deaths in Canada are caused by obesity-related diseases including heart disease, stroke and some cancers. When it comes to your health and well being, knowing these five crucial numbers can possibly save your life.

Called the "**silent killer**," heart disease symptoms can build up slowly over time and often go unnoticed until the disease is firmly established. However, you can reduce your risk of heart disease by exercising regularly, and eating healthy foods.

Numbers Screening Is Easy!

The **Know Your numbers** screening takes only about 10 minutes and checks these risk factors for heart disease:

- **Blood pressure:** Measures the amount of force it takes your heart to pump blood through your body. High blood pressure (or "hypertension") increases your risk of heart attack, stroke, and kidney disease. Your blood pressure should be less than 120 over 80.
- **Waist circumference:** Waist circumference is an indirect indicator of intraabdominal fat tissue, often called visceral fat. A high waist circumference over 36" for women and 40" for men is associated with an increased risk of type 2 diabetes, high cholesterol, high blood pressure, and cardiovascular disease because of excess abdominal fat.
- **Hip to Waist Ratio:** Research shows that people with "apple-shaped" bodies (with more weight around the waist) face more health risks than those with "pear-shaped" bodies who carry more weight around the hips. A Hip to Waist ratio over .85% for women and .90% for men indicates an increased health risk.
- **Body Mass Index (BMI):** Measures your weight in relation to your height. It indicates your "fatness" and should be 25 or less. A BMI over 25 means you are overweight, and a number over 30 means you are obese. Extra weight can lead to high cholesterol, heart disease, diabetes, and other chronic illnesses.
- **Weight:** There are two ways to think about weight: One is how it influences your looks. Another is how it influences your health. Maintaining a healthy weight is very important for protection against obesity related illness or disability.

We have provided you a **FREE** handy wallet card for tracking your numbers. If your results indicate you are at risk for heart disease, stroke, or high blood pressure, **take action!** We encourage you to take these numbers to your physician to discuss a plan of action to reduce your heart health risks and bring these numbers down.



8 Things You Can Do to Prevent and Control Heart Disease & Stroke

1. Lose weight if you are overweight and maintain a healthy weight.

Limit portion sizes, especially of high calorie foods, and try to eat only as many calories as you burn each day – or less if you want to lose weight.

2. Eat heart healthfully.

Follow an eating plan that emphasizes fruits, vegetables, and low fat dairy products and is moderate in total fat and low in saturated fat and cholesterol.

3. Reduce salt and sodium intake.

Read food labels to choose canned, processed, and convenience foods that are lower in sodium. Limit sodium intake to no more than 2,400 mg, or about 1 teaspoon's worth of salt each day. Avoid fast foods that are high in salt and sodium.

4. If you drink alcoholic beverages, do so in moderation.

For men, that means a maximum of 2 drinks a day, and for women, a maximum of 1 drink a day.

5. Become more physically active.

Work up to at least 30 minutes of moderate-level activity, such as brisk walking or bicycling, each day. If you don't have 30 minutes, try to find two 15-minute periods or even three 10-minute periods for physical activity.

6. Quit smoking.

Smoking increases your chances of developing a stroke, heart disease, peripheral arterial disease, and several forms of cancer.

7. Talk to your health care professional.

Ask what your blood pressure numbers are and what they mean.

8. Take medication as prescribed.

If you need medication, make sure you understand what it's for and how and when to take it, and then take it as your doctor recommends.