

“Know Your Numbers”

Normal Ranges

1) Body Mass Index (BMI) – a measure of weight in relation to height

- a. Underweight = < 18.5
- b. Ideal = 18.5 – 25
- c. Overweight = 25 – 29.9
- d. Obese = 30+
- e. Morbidly obese = 40+

2) Blood Pressure (systolic / diastolic)

- a. Ideal Blood Pressure = below 120 / below 80
- b. Elevated BP = 120-129 / 80 or below
- c. Stage 1 High BP = 130-139 / 80-89 (hypertension)
- d. Stage 2 High BP = 140+ / 90+ (hypertension)

3) Cholesterol

- a. Total Cholesterol
 - i. Ideal = below 200
 - ii. Borderline High = 200 – 240
 - iii. High = 240+
- b. HDL (Good Cholesterol)
 - i. Ideal = 60+
 - ii. Good = 40-50
 - iii. Too Low = less than 40
- c. LDL (Bad Cholesterol)
 - i. Optimal = 100 or less
 - ii. Above optimal = 100-130
 - iii. Borderline high = 130-160
 - iv. High = 160-190
 - v. Very high = 190+
- d. Ratio (HDL/Total Cholesterol)
 - i. Goal = 5.0 or below
 - ii. Ideal = 3.5

4) Blood Glucose (fasting levels)

- a. Ideal = 100 or less
- b. High = 120+

5) PSA (Prostate-Specific Antigen)

- a. Normal = 0 – 4.0

6) Vitamin D

- Normal = 32 – 100 (my doctor’s range)