



nationally sponsored by



healthy goals for women



- **Total cholesterol** < 200 mg/dL
- **Bad (LDL) cholesterol** LDL cholesterol goals vary.
 - For people at low risk for heart disease, the goal is < 160 mg/dL.
 - For most people at intermediate risk, the goal is < 130 mg/dL.
 - For people at high risk, including those who have heart disease or diabetes, the goal is < 70-100 mg/dL.
- **Good (HDL) cholesterol** 50 mg/dL or higher
- **Triglycerides** < 150 mg/dL
- **Blood pressure** < 120/80 mmHg
- **Fasting glucose** < 100 mg/dL
- **Body mass index (BMI)** < 25 Kg/m²
- **Waist circumference** < 35 inches
- **Exercise** At least 30 minutes on most or all days of the week.
- **Eat a balanced diet** that emphasizes fruits, vegetables, grains, fat-free and low-fat dairy products, fish, legumes and sources of protein low in saturated fat (poultry, lean meats and plant sources).
- **Don't smoke** – if you do, stop.
- **Schedule regular visits with your doctor.**

If a healthy diet and regular physical activity aren't enough to reduce your risk, ask your doctor about adding medication and take it as prescribed.

Learn your numbers

and visit goredforwomen.org to take the Go Red Heart CheckUp and develop your personal action plan!