

Know Your Numbers!

Blood Pressure	Your Guide to Lowering High Blood Pressure - http://www.nhlbi.nih.gov/hbp/index.html
Cholesterol	<p>American Heart Association – About Cholesterol - http://www.americanheart.org/presenter.jhtml?identifier=512</p> <p>How is High Blood Cholesterol Diagnosed - http://www.nhlbi.nih.gov/health/dci/Diseases/Hbc/HBC_Diagnosis.html</p> <p>LDL and HDL Cholesterol – What’s Good and What’s Bad - http://www.americanheart.org/presenter.jhtml?identifier=180</p>
BMI	<p>CDC – About BMI - http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm</p> <p>BMI Table - http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm</p> <p>Weight-control Information Network - http://win.niddk.nih.gov/publications/choosing.htm</p> <p>National Heart Lung and Blood Institute – Aim For a Healthy Weight - http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm</p> <p>American Heart Association – Guidelines for Selecting a Weight Loss and Maintenance Program - http://www.americanheart.org/presenter.jhtml?identifier=1226</p> <p>America on the Move - http://aom.americaonthemove.org</p> <p>Shape Up America - http://www.shapeup.org</p> <p>Centers for Disease Control and Prevention – Healthy Weight - http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/healthy_weight</p>
Fasting Blood Glucose	<p>Medline Plus – Glucose Test - http://www.nlm.nih.gov/medlineplus/ency/article/003482.htm</p>
A1C	<p>Medline Plus – A1C - http://www.nlm.nih.gov/medlineplus/ency/article/003640.htm</p>