

Body Composition

Body composition is typically measured using various methods, including BMI calculation, waist circumference measurement, and body fat testing.

Waist Circumference

Is the distance around your waist just above your navel. Individuals who have excess body fat, especially if it is around the midsection or belly, are at greater risk for cardiovascular diseases and diabetes. It is recommended that men have a waist circumference less than 40 inches and women have a waist circumference less than 35 inches.

Body Mass Index (BMI)

Is a numerical representation of weight in relation to your height. Generally, BMI is a quick way to indicate healthy or unhealthy weights for adult men and women, regardless of individual body composition. Typically, the ratio is found by dividing your weight (kg) by your height in meters squared (kg/m²). The National Center for Health Statistics sets the following BMI guidelines (see table below).

Healthy Body Fat & BMI Ranges

Men's Body Fat	
20 - 39 years old	8.0% - 19.4%
40 - 59 years old	10.6% - 22.0%
60 - 79 years old	13.2% - 24.6%

Women's Body Fat	
20 - 39 years old	21.0% - 33.0%
40 - 59 years old	22.6% - 34.5%
60 - 79 years old	24.2% - 36.1%

Body Mass Index (BMI)	
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	30 or greater

Blood Pressure

Knowing your blood pressure is very important to your heart health. Elevated blood pressure, over time, can damage the heart muscle, organs, and arterial walls.

Know Your Numbers

A person with high blood pressure is almost six times more likely to have a stroke. The combination of uncontrolled high blood pressure and diabetes wreaks havoc on all organ systems. Diet and exercise are the best ways to control blood pressure. However, some individuals may need additional help with one or more medications.

Have you had your blood pressure checked recently? Have your blood pressure checked regularly by your physician, Wellness Coach, or an automated blood pressure cuff found in most pharmacies.

Management Tips

- Adopt healthy nutritional habits
- Maintain a healthy weight
- Exercise regularly
- Stop smoking
- Limit alcohol consumption
- Take your medicine
- Get medical care

Cholesterol and Triglycerides

Managing your cholesterol and triglyceride levels is an important component to a healthy cardiovascular system. The American Heart Association recommends the following tips to help keep your cholesterol under control:

- Schedule regular screenings
- Eat foods low in cholesterol, saturated fat, and free of trans fat
- Maintain a healthy weight
- Be physically active
- Follow your healthcare professional's advice

Another form of fat made in the body is **triglycerides**. Calories ingested in a meal and not used immediately by tissues are converted to triglycerides and transported to fat cells to be stored.



Quick References

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary	
	Optimal	Less than 100 mg/dL
	Borderline High	100 to 159 mg/dL
	High	More than 160 mg/dL
HDL ("Good") Cholesterol	>60 mg/dL	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mm/Hg	
Fasting Glucose	<99 mg/dL	
Body Mass Index (BMI)	18-24.9 kg/m ²	
Waist Circumference	<35 inches for females and <40 inches for males	
Exercise	Minimum of 30 minutes most days, if not all	

Resources: www.americanheart.org, www.wvdhhr.org, www.goredforwomen.org, www.startwalkingnow.org, www.cdc.gov/nchs