How Can I Monitor My Cholesterol, Blood Pressure and Weight?

High cholesterol, high blood pressure and being overweight or obese are major risk factors for heart disease and stroke. You should be tested regularly to know if you have high cholesterol or high blood pressure. That's because elevated cholesterol and blood pressure have no warning signs. You should also talk to your healthcare provider about a healthy weight for you.

It is important to know your numbers. You can record your blood pressure, cholesterol and weight in the tracker below to track your progress. Talk to your healthcare provider about your numbers and how they impact your overall risk. Then ask how often to measure your levels.

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What can I do to lower my cholesterol and blood pressure?

- Eat a heart-healthy diet low in added sugars, sodium, and saturated and trans fats. A healthy diet includes a variety of fruits, vegetables, whole grains, fat-free and low-fat dairy products, skinless poultry, fish/seafood, legumes (beans and peas), nontropical vegetable oils and nuts.
- Limit red meats. If you choose to eat red meats, select lean cuts of meat. Trim all visible fat and throw away the fat that cooks out of the meat.
- Substitute meatless or "low-meat" main dishes for regular entrees.
- Aim for a diet that achieves 5% to 6% of calories from saturated fats and eliminates trans fat.
- Aim to consume less than 1,500 mg per day of sodium. Even reducing you daily intake by 1,000 mg per day can help. Limit your intake of processed, packaged and fast foods which tend to be high in sodium.

(continued)
• Limit the amount of alcohol you drink. If you’re a woman, don’t drink more than one drink a day. If you’re a man, have no more than two drinks a day.
• Be more physically active. Aim for at least 90 to 150 minutes of aerobic and/or resistance exercises per week.
• Reach and maintain a healthy weight.
• Don’t smoke and avoid second-hand smoke.
• Take your medicines as prescribed.

How can I manage my weight?
Lifestyle changes such as the ones listed above may help you lose 3-5% of your body weight. This could result in meaningful health benefits. Larger weight losses (5-10%) can produce even greater benefits.
To lose weight, you must take in fewer calories than you use up through normal metabolism and physical activity. So, reduce the number of calories you eat and increase your physical activity.
• Get at least 150 minutes of moderate-intensity aerobic physical activity, such as brisk walking, a week.
• To maintain weight lost or minimize regain, some people need to do more physical activity each week (200-300 minutes).

My Questions:
What kind of physical activity would be good for me?
How can I know what my weight should be?