Want to know more about your health? Get to know your numbers for blood sugar, blood pressure, cholesterol and body weight. If these are too high, you are more likely to have heart disease and other health problems. Getting your numbers checked regularly and knowing what they mean is a great first step toward better health.

**Health marker: Blood sugar**
- **What should my number be?**
  - Before eating: Less than 100
  - Two hours after eating: Less than 140
- **What is it?** The amount of sugar in your blood.

**Health marker: Blood pressure**
- **What should my number be?** Less than 120/80
- **What is it?** The force of blood against the arteries when the heart beats (top number) and rests (bottom number).

**Health marker: Blood cholesterol**
- **What should my number be?** Total cholesterol score less than 200
- **What is it?** A waxy substance produced by the liver. Too much can make it harder for blood to circulate.

**Health marker: Body weight**
- **What should my number be?** A body mass index of 18.6-24.9
- **What is it?** Your ideal body weight depends on your gender, age, height and frame. BMI provides a good guideline.

Source: American Heart Association