



Learn Your Vital Stats

February is **Heart Month**! Knowing your individual vital stats can help you determine if you are at risk for metabolic syndrome, a group of conditions that together increase your risk of heart disease, stroke and diabetes. If you run high in the following you are at increased risk for metabolic syndrome.

1. **BMI - Body Mass Index** is a number calculated from your weight and height and provides a reliable indicator of body fat. Visit this website <http://www.cdc.gov/healthyweight/assessing/bmi/> to determine your BMI.

<18.5 = underweight

>25 = overweight

>30 = obese

2. **BP - Blood Pressure** is the measurement of the force of blood against your artery walls as it travels through your body. Blood pressure goes up and down throughout your day but is a problem if it stays high for a long time. There are usually no symptoms of high blood pressure and is therefore often a "silent killer" making it more important to get it checked regularly.

normal: <120/80

at risk (prehypertension): 120-139/80-89

high: >140/90

3. **Waist Circumference** - A high waist circumference and increased abdominal fat can lead to increased health problems. To measure your waist circumference, use a tape measure. Start at the top of the hip bone, then bring it all the way around -- level with your navel. Make sure it's not too tight and that it is parallel with the floor. Don't hold your breath while measuring it!

high risk=

man > 40 inches

woman > 35 inches

If you would like a free screening of these to determine your risk, stop by the office or ask at your next visit!



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