

Covenant Cardiology

The first step to a healthy heart is to learn the simple things you can do every day to make a difference. By getting involved in fun, physical activities and enjoying nutritious meals, you can help reduce your risk of heart disease.

- Exercise regularly (at least 30 minutes a day, most days of the week)
- Make healthy food choices
- Quit smoking
- Know your numbers (and the goals you need to reach)

For more information or to schedule an appointment, please call **989.497.9395** or toll-free at **866.800.0995**.



Extraordinary care for every generation.

Know Your Numbers

	Ideal	My Numbers	My Numbers
Date	Example: 2/1/09	/ /	/ /
Blood Pressure	<140/90		
Blood Sugar	<100		
Total Cholesterol	<200		
HDL (Good) Cholesterol	Men >40 • Women >50		
LDL (Bad) Cholesterol	<100		
BMI – Body Mass Index Weight (lbs) x 703 ÷ height (in) ²	18.5–25		
Waist Measurement	Men <40" • Women <35"		