



## Know your numbers

You can help avoid future heart problems by knowing your numbers and making healthy changes today. The same habits that help keep your heart strong also reduce your risk for other conditions — making you healthier and feeling better!

### Reduce your cholesterol

Lower cholesterol reduces your heart attack and stroke. You can reduce your LDL (low-density lipoproteins) or “bad cholesterol” by eating more fruits and vegetables, moving more often, and taking your medications as prescribed. Increase your HDL (high-density lipoproteins) or “good cholesterol” through eating healthy fats like fish, olive oil and avocado. As an added benefit, HDL helps clear out LDL, providing further reductions in heart attack risk

Visit [kp.org/heart](https://kp.org/heart)

### Control your blood pressure

There are multiple ways to control your BP (blood pressure) and keep it under 120/80. Start by measuring your BP regularly (most retail pharmacies have a machine). Next, start with one of these scientifically proven methods for reducing BP – limiting alcohol, eating more fruits and vegetables, moving more, quitting tobacco, or managing stress and taking your medications as prescribed. Low blood pressure is in your control and reach.

### Reduce your BMI

A BMI (body mass index) over 25 is considered overweight, and a BMI over 30 is considered “obese”. You can reduce your BMI and your risk of heart disease by eating a hearty healthy diet and by increasing your physical activity. Speak to your primary care physician before beginning your weight loss journey, and start with one simple step, then build from there. Find resources [here](#).