

Lyons Central School Wellness Committee



Know Your Health Numbers-March 22, 2013

Knowing your numbers can literally save your life! Healthy numbers mean a healthy heart. You can significantly decrease your risk for heart disease, diabetes and some forms of cancers by keeping the following numbers in check!

	<u>Ideal Range</u>
• Blood Pressure	Less than 120/80
• Blood Sugar (Fasting)	Less than 100
• Total Cholesterol	Less than 200
• Body Mass Index	18.4-24.9
• Body Fat	Less than 28 (F) Less than 20 (M)
• Waist Circumference	Less than 35"(F) Less than 40"(M)

Eating a balanced diet, exercising, managing stress and avoiding smoking can help to turn your numbers around. Even small changes in your daily lifestyle can make a big difference in your overall health.

Workplace Vitality will be sending professional, experienced, registered nurses onsite to provide you with the following screenings using the latest technologies at **no charge to you!!** The entire process takes no more than 15 minutes!

- Blood pressure, heart rate, oxygen saturation, weight
- Total Cholesterol plus glucose (via finger stick)
- Body Mass Index, Body Fat
- Waist circumference

Note: Please fast 2-3 hours prior to your scheduled appointment

The registered nurse will provide you with **all** of your necessary screenings. Results are immediate. The nurse will also counsel and provide you with educational information based on your screening results.

So let's get started and bring in the **2013 New Year** on a healthy note. Contact Robin Cinelli to sign up for an appointment no later than March 14, 2013.



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