



New Year, New You

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Welcome

Screening Results:

- Total Cholesterol
 - LDL and HDL
- Triglycerides
- Blood Sugar
- Weight
- Blood Pressure



Initial Screening

Total Cholesterol

- Essential to produce vitamin D, sex hormones, bile acids to digest foods, cell membranes
- Goal of: less than 200

LDL

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- Carry cholesterol from the liver to the rest of the body
- Goal of: less than 100

HDL

- Removes excess cholesterol from the artery walls
 - cleans out the plaque
 - greater than 40 for men and greater than 50 for women
above 60 is ideal for both sexes
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Initial Screening continued

Blood Pressure

- Force your heart has to put out to pump blood throughout your arteries in your body
 - Systolic- force exerted by your heart when it is pumping
 - Diastolic- force exerted by your heart between pumps
 - 120/80 mm Hg or below is goal

Triglycerides

- Main form of fat stored by the body
 - Affected by recent fat and alcohol intake
 - Goal is: less than 150
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Initial Screening continued

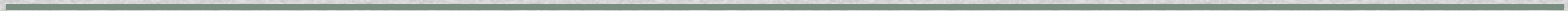
Hemoglobin A1C

- Average blood sugar over the past 3 months
- Goal is: 5.6% or below

Blood Sugar

- Sugar that is in the bloodstream - sugar comes from the food we eat
- With Pre-Diabetes and Diabetes, your goals are different
- Goal is: less than 100 fasting

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Physical Measurements:

1-2 times per month is ideal

Waist circumference

Most common measurement for inches lost



1. Stand and place a tape measure around your middle, just above your hipbones
2. Make sure tape is horizontal around the waist
3. Keep the tape snug around the waist, but not compressing the skin
4. Measure your waist just after you breathe out

(taken directly from the CDC website)

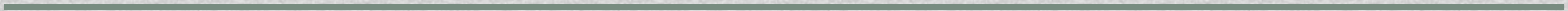
Healthy Weight Loss₃

- CDC recommends 5-10% weight loss for decreased risk of chronic diseases

- Calculating body weight loss:

$$\left(\frac{\text{Starting-current weight}}{\text{Starting weight}} \right) \times 100$$

- To calculate how % weight needed to lose
 - Current weight * desired percent weight loss



Sources:

1. “Cholesterol | MedlinePlus.” *MedlinePlus Trusted Health Information for You*, medlineplus.gov/cholesterol.html.
 2. “What Your Cholesterol Levels Mean.” *American Heart Association*, www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/About-Cholesterol_UCM_001220_Article.jsp#.WIVt-q6nFhE.
 3. “Healthy Weight.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 15 May 2015, www.cdc.gov/healthyweight/losing_weight/index.html.
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1. Take your waist, hip, and thigh measurements with the tape measurer

Make sure to write down exactly where you took them so you can take them in the same spot every time

2. Calculate your desired percent weight loss and write it down somewhere where you can see it in your home
3. Come to next weeks class

Goals for this week

Thank you
