



Heart Health

Numbers You Should Know

1
Resting
Heart Rate

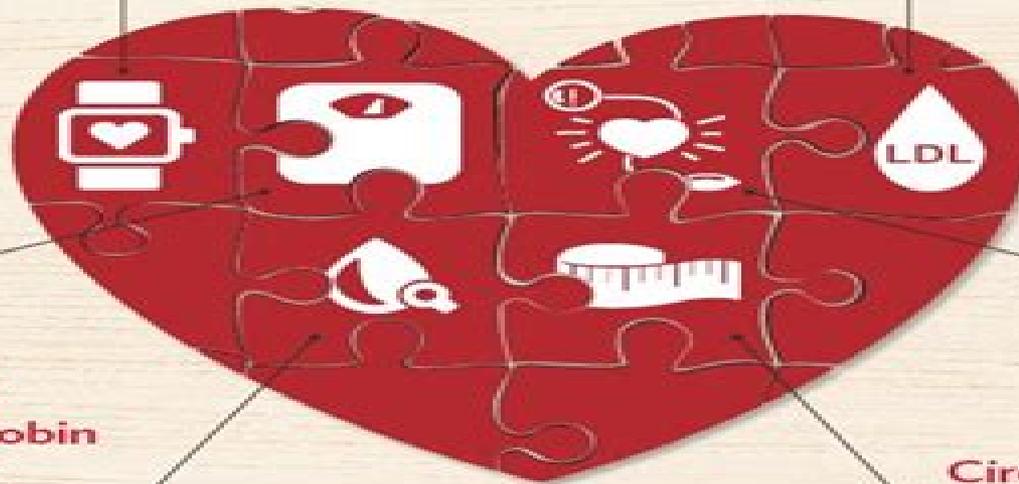
2
LDL or "bad
cholesterol"

3
Body
Mass
Index

4
Systolic
Blood
Pressure

5
Hemoglobin
A1c

6
Waist
Circumference



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Departments of Labor, and Health, Education and Welfare Appropriations for 1959 United States. Congress. House. Committee on Appropriations,1958 *Health Care Financing Review* ,1988 Reprint from the Public Health Reports United States. Public Health Service,1910 **Annual Report of the Commissioner of the Michigan**

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Illinois Health News Illinois State Board of Health,1928 Medical Insurance and Health Conservation ,1920 Annual Report of the State Board of Health of Massachusetts Massachusetts. State Board of Health,1875 *The Great Ralston Health Club* Ralston Health Club,1894 **Annual report of the Commissioner of the Michigan Department of Health for the fiscal year ending ... 1904** ,1905 *The Public Health Nurse* ,1925 *Annual Report of the Department of Health of the City of New York for the Calendar Year* New York (N.Y.). Department of Health,1916

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