

## My readings

### Measurements

Date:				
Waist measurement:				
Height:				
Weight:				
Body mass index (BMI):				

### Cholesterol

Date:				
Cholesterol:				

### Blood pressure

Date:				
Blood pressure:				

### BMI

$$\text{BMI} = \frac{\text{weight (kg)}}{(\text{height in metres})^2}$$

<b>Underweight</b> – you may need to gain weight.	Less than 18.5
<b>Ideal</b> – you are a healthy weight, and should aim to stay that way.	18.5 - 24.9
<b>Overweight</b> – it's a good idea to lose some weight, or at least try to stop further weight gain. Being overweight can increase your risk of health problems.	25 - 29.9
<b>Obese</b> – losing weight will improve your health.	30+

## Body calculators

### Waist measurement

People who carry more fat around their abdomen (middle) have a greater risk of developing conditions such as cardiovascular disease and diabetes.

	Increased risk to health	High risk to health
<b>Men</b>	More than 94cm (about 37")	More than 102cm (about 40")
<b>Women</b>	More than 80cm (about 31.5")	More than 88cm (about 34.5")

South Asians	High risk to health
<b>Men</b>	More than 90cm (about 35.5")
<b>Women</b>	More than 80cm (about 31.5")

### How to measure your waist:

1. Find the top of your hip bone and the bottom of your ribs.
2. Breathe out naturally.
3. Place the tape measure mid way between hip bone and ribs and wrap it around your waist.
4. Check your measurement in the table above.

### Blood pressure and cholesterol

Your GP and some pharmacies can measure your blood pressure and cholesterol levels.



British Heart Foundation

## PERSONAL GOAL SHEET

Name:

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Date:

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## HEART HELPLINE

0300 330 3311

[community.bhf.org.uk](http://community.bhf.org.uk)

Information & support about your heart condition & keeping your heart healthy.

Phone lines open 9am to 5pm Monday to Friday. Similar cost to 01 or 02 numbers.

**FIGHT  
FOR EVERY  
HEARTBEAT**  
bhf.org.uk

## Risk factors

Risk factors are the things about yourself and your lifestyle that increase your chances of developing cardiovascular disease (heart and circulatory disease). Factors such as your age, gender, ethnic origin and family history cannot be changed. The good news is that many other risk factors can be reduced.

This table shows you how to help keep your heart healthy:

Stop smoking	Control blood pressure	Increase physical activity	Maintain a healthy weight	Eat a healthy diet	Reduce cholesterol	Drink within sensible limits
There is no safe level of smoking	Keep your blood pressure (B/P) below 140/90mmHg. If you are diabetic it should be 130/80mmHg or lower.	Build up to 150 minutes of moderate-intensity activity a week and try to be active every day for at least 10 minutes at a time. Moderate-intensity activities make you feel warmer, breathe harder and make your heart beat faster than usual. This includes activities such as brisk walking, dancing, swimming and cycling.	People who carry more fat around their abdomen (middle) have a greater risk of developing conditions such as cardiovascular disease and diabetes. You can find out your risk by following the instructions on the back of this sheet.	Eat at least five portions of fruit and vegetables every day. Reduce the amount of sugar and salt you eat, as well as saturated fats, such as butter, ghee and cream.	Keep your cholesterol level as low as possible, as too much harmful cholesterol in the blood can increase your risk of getting cardiovascular disease.	Women should have no more than two or three units of alcohol a day, men should have no more than three or four units.

## Tracking my progress

It can be difficult to change your lifestyle, but over time you will notice the difference in your health and general wellbeing. The best way to make lasting changes is to set small realistic goals and to review your progress every few weeks. Instead of trying to change everything at once, concentrate on one or two areas at a time.

Risk factor:	Goal:	Progress/comments:	Progress/comments:	Progress/comments:
Date:	Target date:	Date:	Date:	Date:

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