Parameter	Why is it important?	Combinations with other parameters	Values
Age	It's important, cause then what **normal** for young people, that can be **pathological** (not a normal) for old men.	For example: if it's an old man plus he has a bad habits plus high weight, he has a high risk to have a cardiovascular diseases.	Values are not matter; the case are descripted in "Why is it important?" section.
Gender	That's important, cause then what's normally for men can be pathologically for women.	-	-
Bad habits	Bad habits can be a risk factors for different diseases.	For example: Bad habits + high weight + low level of physical activity = chance to have a cardiovascular pathology, etc.	Smoking, drinking alcohol, eating a lot of fat food, etc.
Height	It's one of parameter for calculating the body mass index. For example: we need it to prevent a sugar diabetes.	Height + weight.	See the "Body mass index" section.
Weight	The high values of weight are important to prevent cardiovascular and endocrine diseases.	Weight + height.	See the "Body mass index" section.
Pulse	The pulse is pretty important for preventing cardio diseases. It depends basically of age. The pulse values, which can be normally for young people can be pathologically for old men. Also, high temperature of human body can be a case of high pulse values. For each 1^0C of human body pulse increased on about 10 heart beats per minute.	Pulse + age + bad habits + high body mass index.	All values you can see in the table below. Table 2.
Body mass index	High body mass index can be a parameter of a endocrine pathology and as a risk factor of cardio diseases.	High body mass index + high pulse + high arterial pressure. How to calculate it: For example, we have a man with a weight	You can see all values in the table below. Table 1.

		equals 78 kg and height equals 185 cm. In this case: **Body mass index = 78/1.85^2** So, to calculate it, we divide his weight (kg) to his squared height (m.)	
Arterial pressure	High arterial pressure values can "say" us about cardio diseases. We can assume about arterial pressure without measuring it. For example: if it's a young man with a high value of pulse and pretty high physical activity and with a normal value of Body mass index, his arterial pressure can be in a low level (as a compensatory physiological reaction) or in a normal range. If it's a fat man with a bad habits and high pulse with a low level of physical activity, his arterial pressure will be high.	High arterial pressure + high body mass index.	All values you can see in the table below. Table 3.
Physical activity	Low level of physical activity can be a risk factor for cardio diseases and increasing of body weight.	Low level of physical activity + high arterial pressure.	Low level (about 30 minutes per day), middle level (about 1-1.5 hours per day), high level (more than 1.5 hours per day).

Table 1. Body mass index values.

Value	Classification	Risk of diseases
Less than 18.5	Deficit of weight	Low risk of accompanying diseases. But it's a high for other pathology.
18.5 – 24.9	Normal values	Normal
25 – 29.9	Fattening	Little higher than with a normal values
30 – 34.9	Obesity 1st degree	High risk
35 – 39.9	Obesity 2nd degree	Very high risk
More than 40	Obesity 3rd degree	Extremely high

Table 2. Heart rate table.

Ages	Min. value	Max. value	Middle value
1-12 months	102	162	132
1 – 2 years old	94	154	124
4 – 6 years old	86	126	106
6 – 8 years old	78	118	98
8 – 10 years old	68	108	88
10 – 12 years old	60	100	80
12 – 15 years old	55	95	75
15 – 50 years old	60	80	70
50 – 60 years old	64	84	74
60 – 80 years old	69	89	79

Table 3. Arterial pressure values.

Category	Systolic, mmHg	Diastolic, mmHg
Hypotension	< 90	< 60
Desired	90–119	60–79
	90–129	60–84
Prehypertension (high normal)	120–139	80–89
	130–139	85–89
Stage 1 hypertension	140–159	90–99
Stage 2 hypertension	160–179	100–109
Hypertensive urgency	≥ 180	≥ 110
Isolated systolic hypertension	≥ 160	< 90