

1. Resting Blood Pressure (BP)

► What it is:

- The pressure of blood against the artery walls when your heart is **at rest between beats**.
- It's measured as:
Systolic / Diastolic
(e.g., 120/80 mmHg)
 - **Systolic** = pressure during heartbeats
 - **Diastolic** = pressure between heartbeats

► Normal and Abnormal Ranges:




Category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal	< 120	< 80
Elevated	120–129	< 80
Hypertension Stage 1	130–139	80–89
Hypertension Stage 2	≥ 140	≥ 90
Hypertensive Crisis	≥ 180	≥ 120

 **Note:** High BP increases the risk of heart attacks, strokes, kidney issues, and more.

2. Cholesterol

Cholesterol is a **fat-like substance** essential for building cells, but too much can clog arteries.

► Types of Cholesterol:

Type	Description	Good or Bad?
LDL (Low-Density Lipoprotein)	"Bad cholesterol" – builds up plaque in arteries	 Bad
HDL (High-Density Lipoprotein)	"Good cholesterol" – helps remove LDL	 Good
Triglycerides	Another type of fat in the blood	 Can be risky if high
Total Cholesterol	Sum of HDL, LDL, and 20% of triglycerides	Used for overall check

► Healthy vs Risky Levels:

Type	Ideal Range	Risky Levels
LDL	< 100 mg/dL	> 160 mg/dL (high risk)
HDL	> 60 mg/dL (protective) < 40 mg/dL (men), < 50 (women)	
Triglycerides	< 150 mg/dL	> 200 mg/dL (high)
Total Cholesterol	< 200 mg/dL	> 240 mg/dL (high)

💡 **Tip:** A high HDL and low LDL is the best combo.

🧠 Summary:

Parameter	Healthy Level
Resting BP	~120/80 mmHg or lower
LDL Cholesterol	< 100 mg/dL
HDL Cholesterol	> 60 mg/dL
Triglycerides	< 150 mg/dL
Total Cholesterol	< 200 mg/dL