

# Know your key health numbers.

---

1. 150 minutes exercise a week
2. Less than 300mg of caffeine a day
3. 6-8 hours sleep a night
4. Waist size
  - Less than 37 inches for men
  - Less than 31.5 inches for women
5. 5 portions of fruit and veg a day
6. Blood pressure below 130/80mmHg
7. Cholesterol of 4mmol/L or less for those at high risk

Make sure your numbers stack up to reduce the chance of ill health