

7 Modifiable Risk Factors	Screening Variables	Your Numbers Today	LOW RISK	MODERATE RISK	HIGH RISK	Goals
<u>High Blood Pressure</u>	Systolic (mmHg)	117	< 120 AND	120-129 AND	130-139 (stage 1) OR 140-180 (stage 2) OR > 180 (hypertensive crisis) AND/OR	Walking to class Keep that UP!
	Diastolic (mmHg)	70	< 80	< 80	80-89 (stage 1) 90-120 (stage 2) > 120 (hypertensive crisis)	
	Resting Heart Rate (bpm)	61 bpm	60-100	Slightly > 100	Significantly > 100	
$BMI = \frac{Weight (lbs)}{(Height (in))^2} \times 703$ $\frac{196.2}{(60.1)^2} \times 703 = 31.0$ <u>Overweight</u>	Weight (lbs)	196.2 lbs	18.5-24.9	25-29.9 (overweight)	30-34.9 (class 1 obesity)	Watch what you eat - continue moderate exercise - maybe try a vig. activity
	Height (in)	5'6" 60.1"			35-39.9 (class 2 obesity)	
	BMI	31.0			≥ 40 (class 3 obesity)	
	Waist Circumference (in)	39 in hip 40	Women < 31.5 Men < 37	Women 31.5-34.9 Men 37-39.9	Women ≥ 35 Men ≥ 40	
	Waist-to-Hip Ratio	$\frac{39}{40} = 0.95$	Women ≤ 0.80 Men ≤ 0.95	Women > 0.80-0.85 Men > 0.95-1.0	Women > 0.85 Men > 1.0	
<u>and Obesity</u>	Neck Circumference (in)	13 in	Women < 13.5 Men < 14.5	Women 13.5-14.5 Men 14.5-15.5	Women > 14.5 Men > 15.5	
all diff stress from soccer stat.	Body Fat Percentage	37.9%	Women (ages 20-39) 21-32.9	Women (ages 20-39) 33-38.9	Women (ages 20-39) ≥ 39	
			Women (ages 40-59) 23-33.9	Women (ages 40-59) 34-39.9	Women (ages 40-59) ≥ 40	
			Women (ages 60-79) 24-35.9	Women (ages 60-79) 36-41.9	Women (ages 60-79) ≥ 42	
			Men (ages 20-39) 8-19.9	Men (ages 20-39) 20-24.9	Men (ages 20-39) ≥ 25	