

- Stop smoking do not use tobacco in any form



- Control blood pressure



Goal: <140/90

<130/80 if you have diabetes or kidney problems

- Physical Activity



Minimum goal:

30 minutes 3-4 days per week moderate-intensity (brisk walk: 15-20 minute per mile, bicycle riding: 12 minute per mile)

Optimal goal:

30 - 60 minutes of activity daily

Recommend:

Resistance training 2 days per week, flexibility training (YOGA, Tai Chi, Pilates) and increase in lifestyle activities

- Weight Management

Achieve and maintain desirable weight: Body mass index 18.5 - 24.9



Waist circumference:

Men - <40 inches

Women -<35 inches

- Diabetes

HbA1c:

< 7%

- Control Cholesterol

Primary goal:

LDL < 70-100

Secondary goals:

Triglycerides < 150

HDL >40 in men

HDL >50 in women