



Heart Health

Numbers You Should Know

1
Resting
Heart Rate

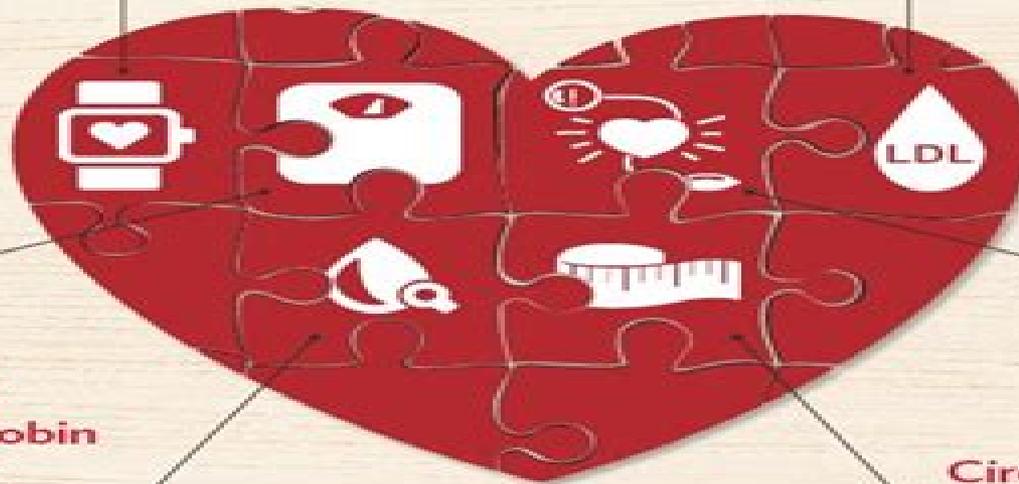
2
LDL or "bad
cholesterol"

3
Body
Mass
Index

4
Systolic
Blood
Pressure

5
Hemoglobin
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Health And Numbers

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