



Health number	Value Range	Notes/Tips	Your Number/Value
1. Blood pressure	120/80 mmHg (normal)	Use a home BP monitor or check during doctor visits	
2. Cholesterol	LDL: < 100 mg/dL; HDL: > 60 mg/dL; Total: < 200 mg/dL	Blood test during annual check-ups.	
3. Blood sugar	Fasting: 70–99 mg/dL (normal)	Use a glucometer or get regular blood tests.	
4. Waist and waist to hip ratio	Men: < 40 in (102 cm); Women: < 35 in (88 cm)	How to test it: To measure your waist circumference, place a tape measure around your middle, just above your hip bones. Make sure it's snug but not compressing your skin. Take the measurement just after you breathe out.	
5. Hearing	Goal: Under 20 decibels	Hearing test from an audiologist. There are applications (apps) you can test on your own such as Mimi Technologies or Jacoti Hearing Center. AARP also have free at home hearing tests.	
6. Resting heart rate	60–100 beats per minute (bpm)	Measure pulse manually or with a fitness tracker.	

7. Heart rate recovery	Average between 22-52 beats per minute when subtract the Exercise rate – after 2 minutes of cooling down.	Measure your heart rate while you're still breathing heavy. Recover for two minutes, then measure it again. Subtract the first number from the second number, and this is your heart rate recovery.	
8. VO2 max	VO2 max testing usually takes place in exercise labs or specialized fitness centers. The test requires you to wear a mask while you run, ride a bike or use a rowing machine, with exercise intensity gradually increasing. Can be estimated by activity tracker but best to have professionally testes.	VO2 max stands for "maximal oxygen uptake." The "V" stands for volume, "O2" is the chemical symbol for oxygen, and "max" signifies the maximum. So, VO2 max measures the highest volume of oxygen your body can use during intense exercise.	
9. Inflammation	<p>Low risk of inflammation: Less than 1.0 mg/L</p> <p>Moderate risk of inflammation: Between 1.0 and 3.0 mg/L</p> <p>High risk of inflammation: Greater than 3.0 mg/L</p>	C-reactive protein (CRP) is a key marker of inflammation in the body – measured by blood test	
10. Bone density	The World Health Organizations (WHO) defines osteoporosis at T-score -2.5 and osteopenia, low bone mass at t score between -1.0 and -2.49	The most common, a DEXA scan, is a low-dose X-ray that measures calcium and other minerals in your bones.	