



## Healthy Stats

They're more than just numbers.

Do you know your blood pressure? Cholesterol numbers? What about your body mass index (BMI)? A healthy blood pressure is considered 120 over 80 or less. Cholesterol should be less than 200. And BMI should be between 18.5 and 24.9.

Knowing what's happening inside your body is important to managing your overall health.

And that's smart safety!

For additional information or guidance, contact your safety office.