WELLNESS CHECKLIST FOR WOMEN OVER 50

If you haven’t been to your doctor in a while and you’re over 50, plan a visit soon. Surprisingly, health issues like high cholesterol, blood pressure and blood sugar levels can have an impact on your bladder and kidneys. Here are a few numbers you should know to stay healthy.

NUTRITION FACTS

- A body mass index (BMI) between **18.5** and **24.9** suggests a normal weight. A person with a BMI of **30** or higher may be considered obese. Obesity is linked to a higher risk of kidney stones.

- **1600-2000** - Normal number of calories a fairly active woman over 50 should consume.

- **2,300** milligrams per day – Limit of recommended salt intake. Consuming less salt helps lower blood pressure and may slow down kidney failure.
IDEAL NUMBERS FOR YOUR HEART HEALTH

190 mg/dL or under:
Healthy total cholesterol level

Healthy blood sugar level
(diabetes is a major risk factor for kidney and heart disease)

120/80
Normal, healthy blood pressure

60-100
beats per minute:
Ideal resting heart rate

60 mg/dL
or over: Healthy HDL or “good” cholesterol level

Optimal LDL or “bad” cholesterol level

Healthy triglyceride level

Less than
150 mg/dL

20-50 nanograms per milliliter (ng/mL) – normal range for vitamin D levels. As well as maintaining healthy bones, research suggests vitamin D may also protect against heart disease.