



# BETTER results

## Stack the numbers in your favor

Knowing your numbers—like your blood pressure, cholesterol, and BMI—can help you take control of your health. If your numbers need improvement, making simple lifestyle changes can make a difference.

Going in for a checkup is one of the best ways to stay in the know about your health. You'll learn your numbers, and get valuable information to help you take action and start looking and feeling your best.

Make an appointment with your doctor to see what areas you may need to work on, and how best to prevent conditions like heart disease and diabetes.

Visit [kp.org/betterresults](http://kp.org/betterresults) for information about routine screenings that can help protect your health.

## Stay motivated

Try these ideas for keeping your numbers in check:

**Walk it off.** Walking is a great way to shed pounds and lower your BMI.

**Eat it raw.** Rinse fresh broccoli and break off the florets to serve raw with dip or hummus for a heart-healthy snack.

**Breathe.** Take it easy, it's good for the heart (and the spirit too).

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