



Your Healthy Targets for Diabetes

	Target
A1c (also known as HbA1c)	Less than 7% (Normal 4.1-5.5%)
Blood Pressure	
Systolic pressure	Less than 130 mmHg
Diastolic pressure	Less than 80 mmHg
Cholesterol	
LDL (bad) cholesterol	Less than or equal to 2.0 mmol/L
HDL (good) cholesterol	More than 1.0 mmol/L
Total cholesterol to HDL cholesterol ratio	Less than 4.0
Triglycerides	Less than 1.7 mmol/L
Feel Well	
Depression, Anxiety, Stress	Talk to your doctor and get help
Sleep	Talk to your doctor to see if you need a sleep study
Fitness & Activity Level	
Be Active	Get up and move around for 2 to 3 minutes for every 20 minutes of sitting
Exercise	Talk to your doctor about starting an exercise program that includes aerobic (walking) and resistance training (dumbbells or bands) exercises
Smoking	
Tobacco or tobacco related products	Talk to your doctor and get help to stop smoking
	Avoid breathing second-hand smoke