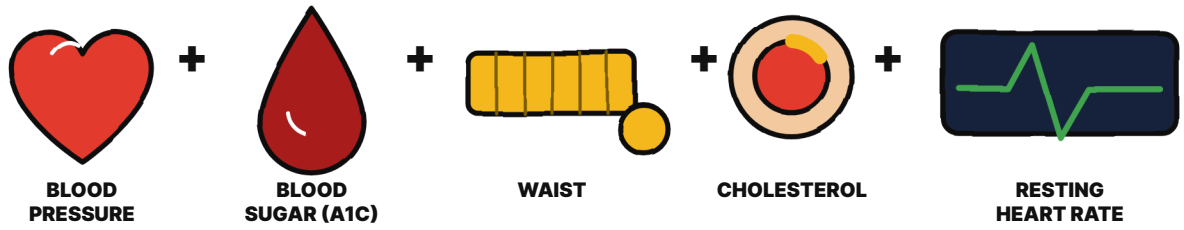
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A MAXADEMY MINI-GUIDE

Know Your Numbers

The five simple readings that reveal your real health after 50 — what they mean, how to measure them, and what to do next.



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CHAPTER 1 · WHY THIS MATTERS

The Five Numbers That Quietly Run Your Health

After 50, your body rarely shouts. It whispers. The early signs of the most common health problems — rising blood pressure, drifting blood sugar, shifting cholesterol — usually cause no symptoms for years. By the time you *feel* something, the problem has often had a long head start.

That is exactly why your numbers matter. They are an early-warning system that can show what is happening inside long before you would notice it on the outside — while you still have the most power to change direction.

This guide focuses on five numbers that give the clearest picture of your health after 50: **blood pressure**, **blood sugar**, **cholesterol**, **waist size**, and **resting heart rate**. None require fancy equipment to start tracking, and each tells a different part of your story.

> **BEFORE YOU BEGIN**
>
> Knowing your numbers is empowering, but it is not a diagnosis. Use this guide to have a better conversation with your doctor — not to replace one. Your doctor knows your full history and can read your numbers in context.

CHAPTER 2 · THE SILENT NUMBER

Blood Pressure: Pressure You Can't Feel

Blood pressure is the force of blood pushing against your artery walls. It is written as two numbers — for example, 124/78. The top number is the pressure when your heart contracts; the bottom is the pressure when it rests between beats.

It is called "silent" because high blood pressure usually causes no symptoms. You can feel completely fine while it slowly strains your heart, vessels, kidneys, and eyes. That is what makes regular measurement so valuable: it reveals a problem you cannot feel.

What the ranges generally mean

- Around **120/80 or lower** is commonly considered healthy for many adults.
- Numbers that stay **elevated over time** deserve attention and a doctor's input.
- A single high reading is not a diagnosis — pressure rises and falls all day.
- Your personal target may differ; ask your doctor what is right for *you*.

> **TRY THIS**
>
> Measure at the same time each day for a week — say, every morning before coffee. One reading is a snapshot; a week of readings is a pattern, and patterns are what matter.

If readings are frequently high, or you ever have a very high reading with chest pain, severe headache, or trouble breathing, seek medical help promptly.

CHAPTER 3 · YOUR ENERGY THERMOSTAT

Blood Sugar and A1C

Blood sugar (glucose) is the main fuel your cells run on, and your body works to keep it steady. After 50 that balancing system can become less efficient, and blood sugar can drift upward — often slowly, often without symptoms.

A **fasting glucose** test measures blood sugar after not eating overnight. An **A1C** test estimates your average over the past two to three months, giving a bigger picture than a single reading.

Why steady matters

Big swings — a sharp spike after a sugary meal, then a crash — can leave you tired, foggy, and hungry again soon after. Keeping blood sugar steadier supports more even energy, mood, and focus, and it is one of the most important things you can do for long-term metabolic health.

- Pair carbohydrates with protein, fiber, or healthy fat instead of eating them alone.
- Start meals with vegetables or protein before starchy foods.
- Take a short walk after eating when you can.
- Cut back on sugary drinks first — they raise blood sugar quickly and add little fullness.

> If you have diabetes or take blood-sugar medication, never change your routine without your doctor's guidance.

CHAPTER 4 · BEYOND GOOD AND BAD

Cholesterol, Explained Simply

Cholesterol is a waxy substance your body actually needs to build cells and hormones. The issue is not cholesterol itself but the *balance* of the types that carry it through your blood.

- **LDL** — too much can contribute to build-up in your arteries.
- **HDL** — the helpful type that carries cholesterol away.
- **Triglycerides** — a blood fat strongly influenced by diet and activity.
- **Total cholesterol** — a combined snapshot, best read alongside the others.

A full panel tells your doctor far more than any single number. Two people with the same total can have very different risk depending on how that total breaks down.

> **TRY THIS**
>
> Next panel, write down all four values — total, LDL, HDL, and triglycerides — not just the total, and discuss the balance with your doctor.

CHAPTER 5 · THE NUMBER YOU OWN

Waist Size: Measuring What Matters at Home

Of all five, your waist is the easiest to track yourself, and it can be surprisingly informative. Where your body stores fat matters — extra fat around the middle is more closely linked to metabolic health than fat stored elsewhere.

How to measure correctly

- Stand relaxed and breathe out normally — don't suck in.
- Wrap a soft tape around your middle, roughly level with your belly button.
- Keep it snug but not digging in, and parallel to the floor.
- Write it down and re-measure the same way each time.

> **TRY THIS**
>
> Measure on the same morning each week, before breakfast. The trend over a month tells you far more than a single measurement.

Resting Heart Rate

Your resting heart rate is how many times your heart beats per minute when calm and at rest. What is most useful is your *own* baseline and how it changes over time.

How to find yours

Check first thing in the morning, before getting up. Find your pulse at your wrist or neck, count for a full minute, and write it down. Many fitness watches estimate this automatically overnight.

- A resting rate that gradually trends **downward** over months can reflect improving fitness.
- An unusually high reading may simply reflect poor sleep, stress, illness, or caffeine.
- A sudden, lasting change without a clear reason is worth mentioning to your doctor.

> If your heart frequently races, skips, or pounds, talk to a medical professional.

CHAPTER 7 · GETTING IT RIGHT

How to Measure Accurately

A number is only as useful as the way it was measured. Small differences in technique can change readings enough to worry you for no reason — or to falsely reassure you.

At home

- Measure at the same time of day, under the same conditions.
- For blood pressure, sit quietly five minutes first, feet flat, arm supported at heart level.
- Avoid caffeine, exercise, and smoking for 30 minutes before a blood-pressure reading.
- Record every reading in one place with the date beside it.

At the doctor

- Ask for your actual numbers, not just "it's fine," and write them down.
- Ask which number to watch most, your personal target, and when to re-check.
- Bring your home log so your doctor sees the full pattern.

CHAPTER 8 · FROM NUMBERS TO ACTION

Turning Readings Into Results

Knowing your numbers is the first step. The value comes from turning them into small, consistent actions — and knowing when a number means "keep going" and when it means "call the doctor."

- **Measure** — record your baseline for each number.
- **Understand** — ask your doctor what each means for you and set a target.
- **Act** — choose one or two habits to support the number you most want to improve.
- **Re-check** — measure again on a schedule and adjust based on the trend.

Resist changing everything at once. Pick the single number that matters most, choose one realistic habit, and give it a few weeks. Consistency beats intensity over the long run.

> **YOUR ONE MOVE THIS WEEK**
>
> Choose one number to focus on, write a single small habit to support it, and set a date to measure again. One number, one habit, one date.

Worksheet: Your Numbers Log

Fill this in today, then bring it to your next appointment. Re-measure on your schedule and watch the trend.

Number	Today	My target (ask your doctor)	Re-check date
Blood pressure			
Blood sugar / A1C			
Cholesterol (Total/LDL/HDL/Trig.)			
Waist size			
Resting heart rate			

The one number I will focus on first:

The small habit I will build to support it:

Questions for my doctor:

Key Takeaways

1. After 50, the most common problems are often silent — your numbers are your early-warning system.
2. Five numbers tell most of the story: blood pressure, blood sugar, cholesterol, waist, and resting heart rate.
3. One reading is a snapshot; a series is a pattern — and patterns are what matter.
4. Measure consistently so your numbers can be trusted.
5. Ask your doctor for your actual numbers, your targets, and when to re-check.
6. Change one number at a time with one realistic habit, and judge it by the trend.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session, where we walk through your numbers and build a simple, realistic plan together.

Join Dr Max Live →

Important: This guide is provided by Maxademy for general health education only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified healthcare professional. Always talk with your doctor before changing your diet, activity, supplements, or medication — especially if you have a medical condition or take prescription drugs. Individual results vary, and no specific health outcome is promised or guaranteed. If you have chest pain, trouble breathing, or other urgent symptoms, seek emergency care immediately. © 2026 Maxademy. Resale or redistribution prohibited.