

Best of the Web: Know Your Numbers



Blood Pressure:

[Blood Pressure UK](#)

[What is blood pressure? - NHS \(www.nhs.uk\)](#)

[High blood pressure \(hypertension\) - Prevention - NHS \(www.nhs.uk\)](#)

[Welcome to British Heart Foundation - BHF](#)

Blood Sugar:

[High blood sugar \(hyperglycaemia\) - NHS \(www.nhs.uk\)](#)

[Diabetes - NHS \(www.nhs.uk\)](#)

[Diabetes Community, Support, Education, Recipes & Resources](#)

Cholesterol:

[High cholesterol - NHS \(www.nhs.uk\)](#)

[High Cholesterol - Symptoms, Causes & Levels - BHF](#)

[High cholesterol - How to lower your cholesterol - NHS \(www.nhs.uk\)](#)

BMI:

[Obesity - Diagnosis - NHS \(www.nhs.uk\)](#)

[BMI calculator \(bhf.org.uk\)](#)

Exercise :

[Benefits of exercise - NHS \(www.nhs.uk\)](#)

[Exercise guidelines - NHS \(www.nhs.uk\)](#)

[Beginners at home workout challenge](#)

Alcohol:

[Alcohol units - NHS \(www.nhs.uk\)](#)

[Tips on cutting down - NHS \(www.nhs.uk\)](#)

Calories:

[The Eatwell Guide - NHS \(www.nhs.uk\)](#)

[What should my daily intake of calories be? - NHS \(www.nhs.uk\)](#)