**Name:**

**HEART OF THE MATTER**

1. What are the functions of a normal heart?
2. What are the 3 types of blood vessels?
3. What are 3 different types of cardiovascular disease?
4. Atheroslerosis
	1. What is it?
	2. What are the signs/symptoms?
	3. What is it caused by?
5. Hypertension
	1. What is it?
	2. What are the signs/symptoms?
	3. What is it caused by?
6. What is your heart rate?

\_\_\_\_\_\_ beats in 15 seconds x 4 = \_\_\_\_\_ beats/min

Is this in normal range? Yes/No

Why do you think your heart rate is high/low?

1. What’s your BMI (Body Mass Index)?

Weight = \_\_\_\_\_\_\_\_\_\_\_\_\_\_ kg

Height = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cm

Weight/height2 = BMI = \_\_\_\_\_\_\_\_\_\_\_\_\_

What is your ranking based on BMI?

How do you feel about your BMI ranking?

1. What are the 2 main problems of BMI?
2. Myocardial Infarction
	1. What is it?
	2. What are the signs/symptoms?
	3. What is it caused by?
3. What is your waist hip ratio?

Measurement of waist = \_\_\_\_\_\_\_\_\_\_\_cm

Measurement of hips = \_\_\_\_\_\_\_\_\_\_\_\_\_cm

Waist/Hips = Waist-Hip-Ratio = \_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your risk based on your gender? No risk/low risk/high risk

How do you feel about your waist to hip ratio?

Why do you think the waist to hip ratio is different for males and females?

1. What are prevention methods of the three types of heart disease?