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FREE GUIDE

The 10 numbers to know after 40.

What they mean, what to aim for, how to check them, and what helps. A plain-English guide from Amino.

START HERE

You can't improve what you don't measure.

Most health problems build quietly for years before they cause symptoms. A handful of simple numbers can show you where you stand long before that, and which habits are worth your time.

This guide covers ten of them. Some you can check at home today. Others need a quick visit to your doctor or a blood test. None of them define you. They're a starting point for better questions, and better conversations with your doctor.

01–04

Heart and metabolic health

Blood pressure, cholesterol, HbA1c and waist size.

05–07

Fitness and strength

Resting heart rate, VO2 max and grip strength.

08–10

Everyday habits

Sleep, daily steps and drinks per week.

This guide is general information, not medical advice. Ranges vary with age, ethnicity, health conditions and medicines. Talk to your doctor about what your numbers mean for you.



01

HEART HEALTH

Blood pressure

The force of blood against your artery walls.

WHAT TO KNOW

Many guidelines treat around 120/80 or lower as healthy, and 140/90 or above as high. High blood pressure usually has no symptoms.

HOW TO CHECK

A quick reading at your doctor or a pharmacy. Home monitors work too.

WHAT HELPS

Regular movement, less salt, less alcohol, a healthy weight and good sleep.

My number _____ Date _____



02

HEART HEALTH

Cholesterol

Fats in your blood: LDL, HDL and triglycerides.

WHAT TO KNOW

There’s no single target. What’s right for you depends on your overall heart risk, which your doctor works out with you.

HOW TO CHECK

A blood test. In New Zealand, ask about a heart and diabetes check.

WHAT HELPS

Fibre, fish, nuts and olive oil, less processed food, regular exercise.

My number _____ Date _____



03

METABOLIC HEALTH

HbA1c

Your average blood sugar over the last 2 to 3 months.

WHAT TO KNOW

In New Zealand, 42 to 47 mmol/mol is the prediabetes range, and 48 or above suggests diabetes. These ranges changed in July 2026.

HOW TO CHECK

A blood test, often part of a heart and diabetes check.

WHAT HELPS

Balanced meals with protein and fibre, regular movement, good sleep.

My number _____ Date _____



04

BODY COMPOSITION

Waist size

Fat around your middle is linked with heart and metabolic risk.

WHAT TO KNOW

Risk is generally higher above 94 cm for men and 80 cm for women. Some ethnicities have lower thresholds.

HOW TO CHECK

A tape measure at the level of your belly button, after breathing out.

WHAT HELPS

Strength training, more movement, better sleep and whole foods.

My number _____ Date _____



05

FITNESS

Resting heart rate

How many times your heart beats a minute at rest.

WHAT TO KNOW

For most adults, 60 to 100 is normal. A lower resting rate often reflects better fitness.

HOW TO CHECK

Count your pulse for 60 seconds on waking, or use a watch.

WHAT HELPS

Regular cardio, good sleep, less stress and less alcohol.

My number _____ Date _____



06

FITNESS

VO2 max

How well your body uses oxygen at full effort.

WHAT TO KNOW

Higher is better at every age, and it’s one of the strongest markers of long-term health.

HOW TO CHECK

Many fitness watches estimate it. A lab or gym test is more accurate.

WHAT HELPS

Steady cardio most weeks, plus some harder intervals.

My number _____ Date _____



07

STRENGTH

Grip strength

A simple marker of overall muscle strength.

WHAT TO KNOW

Stronger grip is linked with better health as we age. Track yours over time rather than chasing a number.

HOW TO CHECK

A hand dynamometer at some gyms, physios or clinics.

WHAT HELPS

Carries, hangs, deadlifts and regular strength training.

My number _____ Date _____



08

SLEEP

Sleep hours

How long you actually sleep, not how long you’re in bed.

WHAT TO KNOW

Most adults need 7 to 9 hours a night.

HOW TO CHECK

A simple sleep diary for two weeks, or a watch or ring.

WHAT HELPS

A steady wake time, morning light, a dark cool bedroom, less late alcohol.

My number _____ Date _____



09

MOVEMENT

Daily steps

A simple measure of how much you move.

WHAT TO KNOW

Research links more daily steps with better long-term health, with benefits building to around 7,000 to 10,000.

HOW TO CHECK

Your phone or a watch already counts them.

WHAT HELPS

A walk after meals, walking meetings, taking the stairs.

My number _____ Date _____



10

LIFESTYLE

Drinks per week

Standard drinks across a typical week.

WHAT TO KNOW

New Zealand’s low-risk guidelines: no more than 10 standard drinks a week for women and 15 for men, with at least two alcohol-free days.

HOW TO CHECK

Count honestly for a week. One standard drink is 10 g of alcohol.

WHAT HELPS

Alcohol-free days, smaller glasses, alcohol-free options.

My number _____ Date _____

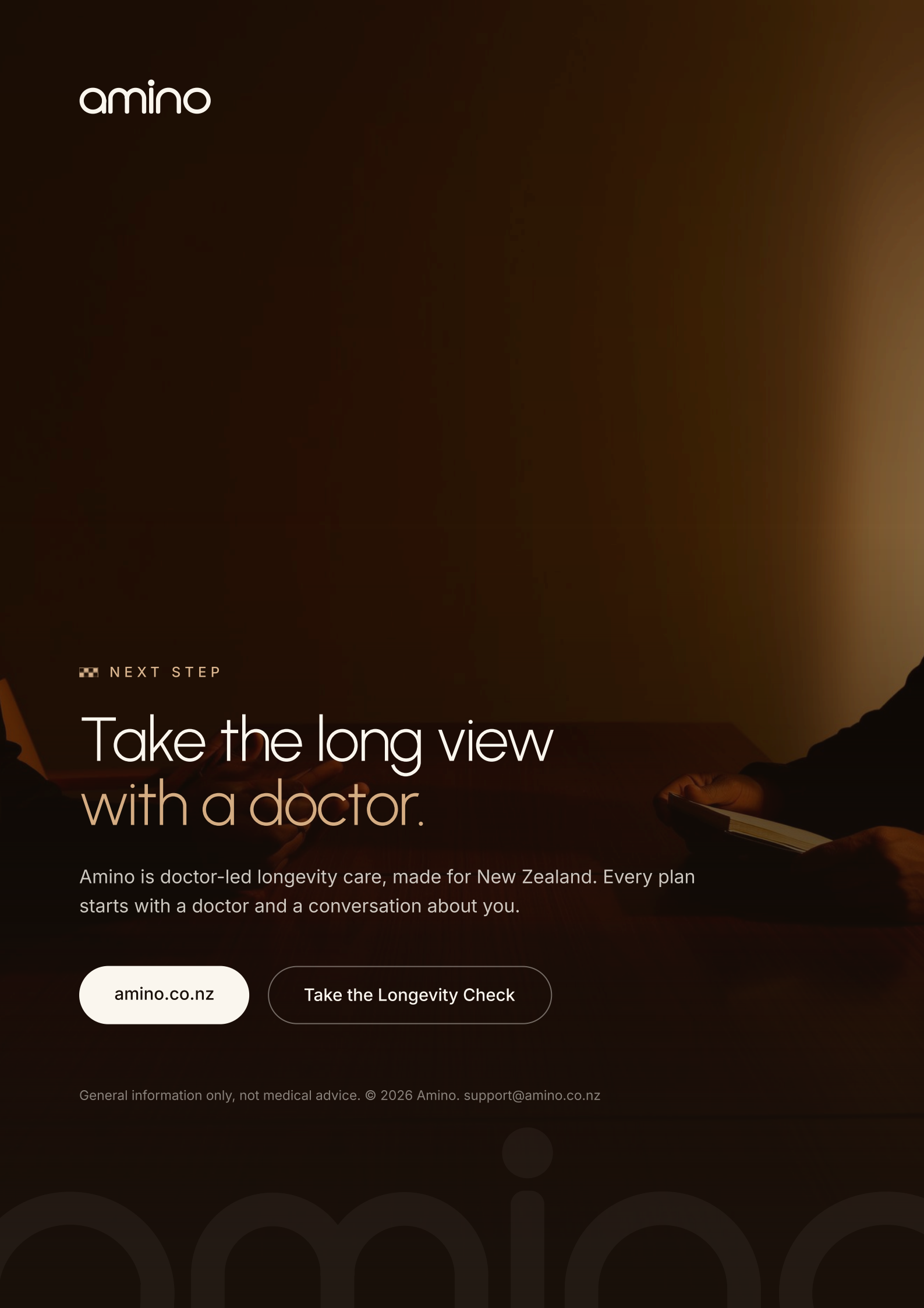
YOUR LOG

Track it over time.

One number on one day means little. The trend is what matters. Check again every 6 to 12 months.

NUMBER	TODAY	6 MONTHS	12 MONTHS
Blood pressure			
Cholesterol			
HbA1c			
Waist size			
Resting heart rate			
VO2 max			
Grip strength			
Sleep hours			
Daily steps			
Drinks per week			

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NEXT STEP

Take the long view with a doctor.

Amino is doctor-led longevity care, made for New Zealand. Every plan starts with a doctor and a conversation about you.

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Take the Longevity Check

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