

**Elements of Lifestyle**
**Appetite**

Carb



Veggies/Fruit



Sweet



Salt



Oil



Junk food


**Lifestyle**

Sleep



Exercise



Lifestyle



Meditation


**Substance**

Smoking



Tobacco



Alcohol



Other Abuse


**Body Mass Index**


Argh! You are obese. Your BMI score 30.30 is very high than the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.08 it should be below 1.0 and waist size to 35 inches


**Weight**


Argh! Your weight is very high. Your current weight 70 kgs is very high than the target range 53-58 Kgs.



## Disease Specific Risks1

### High Risks

Obstructive sleep apnea

### Moderate Risk

Oral Cancer

Type-2 Diabetes

Asthma

High blood cholesterol

Chronic liver disease

Breast Cancer

Prostate Cancer

Colorectal Cancer

### Guidelines

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**Educate yourself and your loved ones about - what is physical as well as mental good health and how to achieve it.**

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**Stay tuned to your body and recognize itâ€™s needs - have adequate and timely rest and sleep, exercise regularly, follow a good diet, drink plenty of water and practice meditation daily.**

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**Maintain a healthy BMI. Adopt a healthy diet - high in vegetables (esp green leafy ones) & fruits and low in carbs, sweets, salts and fats. Eat more proteins & whole grains (atta) and reduce refined carbohydrates (maida). Include some nuts and seeds in your diet. Ensure you eat foods rich in vitamins and minerals - citrus fruits (orange, lemon, and sweet-lime), yoghurt/curd, turmeric, green vegetables, beetroot and pomegranate, sesame seeds, flax seeds, nuts, raisins and dates. Avoid full-fat milk and full-**



fat dairy products to the extent possible. Minimize processed, deep-fried and junk food.

Drink at least 8

to 10 glasses of water per day. Remember you can eat what you like but

moderation/balance is the key.

Exercise regularly, at least 45 mins of mild exercise every day and preferably 150

minutes of

cardiovascular exercise per week. Create daily routines with adequate (7-9 hours) of

sleep at

appropriate hours. Try to follow the sun, rise early and do not sleep too late. Avoid

screen time before

sleeping and try to keep a min 3-hour gap between your dinner-time and sleep-time.

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Take care of your mental health at home and the workplace. Be open to talking, about

any issue you may have, to your close family members and friends. Practice deep

breathing exercises and guided or self-meditation daily. Schedule a few minutes of

daily fun time for your hobbies - listening to music, singing, gardening, going for nature

walks or playing with pets and spend some happy time with your family & friends.

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Increase your exposure to the sun- take walks or perform your daily aerobic exercises

outdoors in the mornings. Increase consumption of milk and dairy products but make

sure it is not full fat. Vitamin D supplements, with or without calcium are also safe to

take after consultation with a physician.

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Limit the number of your sexual partners. Always practise safe sex - use condoms.

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Keep your blood sugar in check and prevent all the complications of high blood sugar.

Reduce intake of carbohydrates, avoid refined carbohydrates and minimize (stop to the extent possible) sugar be it in sweets, colas, or in tea, coffee etc.

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Check your HBA1C and FBS every year and if high consult a physician to get evaluated

**and initiate treatment if needed.**

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**Keep your blood cholesterol in check and prevent all the complications of high blood cholesterol.**

**Follow a diet friendly to your heart and blood vessels. Minimize intake of fried foods. Reduce intake of oil, ghee and butter, especially trans fats.**

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**Check your blood cholesterol every year and consult a physician if high to get yourself evaluated and initiate treatment if needed.**

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**Check your BP every year and consult a physician if high, to get yourself evaluated and initiate treatment if needed.**

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**If you have difficulty in sleeping, you may have sleep apnea. Know about the symptoms of sleep apnea and if they present anytime consult a sleep specialist to get yourself evaluated (by undergoing a sleep study) and initiate treatment if needed.**

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**You need to understand the risks associated with obesity and devise a plan to manage your weight without taking undue risks. Please note that aggressive and unidimensional diets have side effects, be aware of them before taking them up.**

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**Consult an obesity specialist to manage your obesity with medical nutrition therapy, and be open to medicines or surgery if needed. In addition, you would need to undergo behavioural therapy to evolve a healthy lifestyle.**

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**Get your insulin test done every year.**

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**You have the risk of having/developing asthma, please take Smaarogya's asthma screening test immediately to ascertain if any further actions need to be taken.**

**Thereafter, if normal, take the test every year.**

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**Perform regular pranayama or breathing exercises - breathe slowly through the nose with controlled inhalation, hold the breath and exhale. Also, practice meditation and yoga daily. Keep your house clean to reduce dust and mold. Bathe and groom your pets**



regularly, if you have any. Remove thick and heavy carpets and curtains and replace them with light, cleanable materials. Not only quit smoking but try to avoid secondhand smoke. Wear face masks if you are outside in polluted areas.

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You have the risk of having/developing chronic liver disease, please take Smaarogya's chronic liver disease screening test immediately to ascertain if any further actions need to be taken.

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Avoid needle stick injuries - e.g. use of injectable drugs, tattoos etc. If you are a healthcare worker, be especially careful about needle-stick injuries. Practise safe sexual habits, with the use of condoms, especially if you have multiple partners. If you have taken oral contraceptive pills for a long duration (> 4 years) or take paracetamol daily, disclose and discuss the same with your doctor. Take herbal medicines only after getting it checked and evaluated by a physician.

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Get your SGOT, SGPT and USG " liver tests done every year. If results are high, consult doctor immediately

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Always get unexplained bleeding/excessive bleeding from small wounds examined by a doctor.

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Stop any type of oral consumption of tobacco, pan, and paan masala. Quit smoking, avoid secondhand smoke and reduce alcohol consumption. Maintain good oral health - brush twice a day and keep your gums clean. If you have ill-fitting dentures or sharp teeth, consult your dentist to get them checked. Visit your dentist for screening every year.

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Get your Serum Creatinine test done every year. If results are high, visit your doctor immediately

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**Undergo a PSA test for screening of prostate cancer every two years.**

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**Get the Fecal Immunochemical Test (FIT) test done every year.**

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**Get the colonoscopy done every ten years.**

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