







### 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



Oops! You are overweight! Your BMI score 25.33 is higher than the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.14 it should be below 1.0 and waist size to 28 inches



### Weight



Oops! Your weight is higher than normal! Your current weight 57 is higher than the target range 51-56 Kgs



## Disease Specific Risks<sup>5</sup>

### High Risks

Multiple lifestyle disease

Arthritis

Glaucoma

retinal disease (eye)

Breast Cancer

### Moderate Risk

High blood pressure

Type-2 Diabetes

Heart failure

Stroke

High blood cholesterol

Obstructive sleep apnea

Heart attack

Chronic kidney disease

Osteoporosis

Cervical Cancer

Prostate Cancer

Colorectal Cancer

Skin Disease

## Guidelines

---

**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.**

---

**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.**

---

**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.**

---

**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.**

---

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

**and initiate treatment if needed.**

---

**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.**

---

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

---

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

**Do not add extra salt to food/salads/buttermilk and avoid eating papad and pickles.**

---

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

---

**You may have a high chance of having a heart attack. Heart attack can be prevented/delayed with the help of medicines (keeping taking them, if prescribed by your doctor) and by following a healthy lifestyle. Know the symptoms of heart attack and if you have them anytime immediately rush to the doctor.**

---

**You may have or may have a high chance of having heart failure. Heart failure can be prevented/delayed with the help of medicines (keeping taking them, if prescribed by your doctor) and by following a healthy lifestyle. Know the symptoms of heart failure and if you have them anytime immediately rush to the doctor.**

---

**You may have a high chance of developing a stroke. Strokes can be prevented/delayed with the help of medicines (keep taking them) and by following a healthy lifestyle. Know the symptoms of stroke and if you have them anytime rush to the doctor immediately.**

---

**Monitor your heart and get your ECG taken every year.**

---

**Monitor your heart and get your TMT taken every three years.**

---

**Get your 2 D echo done every 3 years or earlier as per the advice of your doctor.**

---

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

---

**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.

---

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 uni-dimensional diets have side effects, be aware of them before taking them up.

---

You seem to have / are likely to have metabolic syndrome (multiple lifestyle diseases). Take your health very seriously, consult a doctor and follow the advice religiously.

---

If you have pain in muscles and joints, stretching and exercising underwater (aquatic exercises) are effective. Regular massages and hot & cold packs on joints also help.

---

Get your Bone Density, Ca and Vit B 12, D tests done every two years.

---

Vitamin D and calcium supplements can be started after consulting a doctor. If you have been taking steroid therapy for a long time, disclose and discuss the same with your doctor.

---

People over the age of 65 have the risk of having/developing memory-related issues, please take Smaarogya's screening tests immediately to ascertain if any further actions need to be taken.

---

Keep yourself mentally active. Play simple mental games to keep your brain active - board games, crosswords, sudoku, puzzles, word games, online memory games etc.

---

Get your eyes checked for cataracts every year.

---

Get your retinal eye screening done every year.

---

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

---

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

---

**Always get unexplained bleeding/excessive bleeding from small wounds or during periods examined by a doctor.**

---

**Educate yourself and your family about the signs of breast cancer and learn to detect them - the best way is to perform a self-breast examination every month, just after your periods. You should get your breast checked by a physician every year. If you are taking or have been advised to take oral contraceptive pills or hormone replacement therapy, discuss the risks vs benefits of the same with your doctor.**

---

**Schedule a mammogram (an x-ray of the breast) and USG “ breast every 2 years to screen for breast cancer.**

---

**Certain families have a gene mutation which increases the risk of getting breast cancer. Please take Smaarogya’s screening test to evaluate if you should get tested for BRCA gene mutation.**

---

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

---

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

---

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

---

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

---

**Get screened for cervical cancer by taking a PAP Smear test every 3 years.**

---

**Get screened for cervical cancer by taking HPV testing along with PAP smear test every 6 years.**

---

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

---

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

---