

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



Ugh! You are underweight. Your BMI score 20.78 is very less 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 28 inches



Weight



Ugh! You are underweight. Your current weight 48 kgs is less than the target range 53-58 Kgs



Disease Specific Risks0

Guidelines

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

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

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.

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.

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

If you are young, delay your first sexual intercourse until your in late teens or older.

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.

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

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 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.

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 unidimensional diets have side effects, be aware of them before taking them up.

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.

Get your insulin test done every year.

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.

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

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 VIA cervix screening done by your gynaecologist every year.

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.

Schedule a mammogram (an x-ray of the breast) and USG "breast every 2 years to



screen for breast cancer.

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