

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 29.07 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 1.20 it should be below 1.0 and waist size to 35 inches


Weight


Oops! Your weight is higher than normal! Your current weight 87 Kgs is higher than the target range 70-75 Kgs



Disease Specific Risks0

Moderate Risk

Multiple lifestyle disease

Type-2 Diabetes

High blood cholesterol

Colorectal Cancer

Skin Disease

Obesity

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 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.

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.

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.

Get your thyroid test done every year.

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.

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

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.

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

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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.

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.

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