

### 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 29.02 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 1.05 it should be below 1.0 and waist size to 35 inches



### Weight



Oops! Your weight is higher than normal! Your current weight 79 Kgs is higher than the target range 63-68 Kgs



## Disease Specific Risks1

### High Risks

Colorectal Cancer

### Moderate Risk

Multiple lifestyle disease

Oral Cancer

High blood pressure

Type-2 Diabetes

Stroke

High blood cholesterol

Glaucoma

retinal disease (eye)

Breast 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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**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.**

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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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**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.**

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

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

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**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.**

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**Get your eyes checked for cataracts every 3 years.**

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**Get your retinal eye screening done every year.**

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

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

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