

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 26.40 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 1.04 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 61 is higher than the target range 53-58 Kgs



Disease Specific Risks1

High Risks

Breast Cancer

Moderate Risk

Multiple lifestyle disease

Type-2 Diabetes

Cervical Cancer

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.

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 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.**

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.**

**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 eyes checked for cataracts every 3 years.

Get your retinal eye screening done every year.

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

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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.

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