

Elements of Lifestyle

Appetite

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet



Lifestyle

Sleep



Exercise



Lifestyle



Meditation



Substance

Smoking



Tobacco



Alcohol



Other



Body Mass Index



Oops! You are overweight! Your BMI score 27.34 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 1.01 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 67-72 Kgs



Disease Specific Risks

High Risks

Prostate Cancer

Moderate Risk Areas

Type-2 Diabetes

Oral Cancer

Colorectal Cancer

Guidelines

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

– Very Urgent

Stay tuned to your body and recognize it's needs – have adequate and timely rest and sleep, exercise regularly, follow a good diet, drink plenty of water and practice meditation daily.

– Very Urgent

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.

- Urgent

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.

- Very Urgent

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.

- Very Urgent

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

- Very Urgent

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.

- Urgent

Check your HBA1C and FBS every year and if high consult a physician to get evaluated and initiate treatment if needed.

- Urgent

Stop or reduce consumption of red meat and charred meat.

- Urgent

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.

- Urgent

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.

- Very Urgent

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

- Very Urgent

Get your eyes checked for cataracts every year.

- Very Urgent

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

- Urgent

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.

- Urgent

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

- Urgent

Get the colonoscopy done every ten years.

- Urgent

Expert Notes

