

Elements of Lifestyle

Appetite

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet



Lifestyle

Sleep



Exercise



Lifestyle



Meditation



Substance

Smoking



Tobacco



Alcohol



Other



Body Mass Index



Ugh! You are underweight. Your BMI score 20.76 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 1.03 it should be below 1.0 and waist size to 35 inches



Weight



Ugh! You are underweight. Your current weight 60 kgs is less than the target range 67-72 Kgs



Disease Specific Risks

High Risks

Oral Cancer

Moderate Risk Areas

Glaucoma

retinal disease (eye)

Prostate Cancer

Guidelines

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

– 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.

- Very 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.

- 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.

- Urgent

Limit alcohol consumption.

- Urgent

Stop chewing tobacco, pan or pan masala.

- Very Urgent

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

- Urgent

Stop or reduce consumption of red meat and charred meat.

- Urgent

You have the risk of having/developing mental health issues, please take Smaarogya's screening tests for anxiety and depression immediately to ascertain if any further actions need to be taken.

- 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

Get your retinal eye screening done every year.

- 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.

- Very Urgent

Expert Notes