

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 26.35 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 1.30 it should be below 1.0 and waist size to 28 inches



Weight



Oops! Your weight is higher than normal! Your current weight 70 is higher than the target range 61-66 Kgs



Disease Specific Risks

Moderate Risk Areas

Type-2 Diabetes

Stroke

Obstructive sleep apnea

Skin Disease

Arthritis

Glaucoma

retinal disease (eye)

Breast Cancer

Cervical Cancer

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.

– 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

Stop chewing tobacco, pan or pan masala.

- Very Urgent

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

- Very Urgent

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

- Very Urgent

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.

- Urgent

Stop or reduce consumption of red meat and charred meat.

- Urgent

Check your blood cholesterol every year and consult a physician if high to get yourself evaluated and initiate treatment if needed.

- Urgent

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.

- Very Urgent

Check your BP every week, and visit your doctor every 3 months. If the BP is very high visit your doctor immediately. Take medicines regularly and modify your lifestyle accordingly.

- Very Urgent

Chronic diseases like high blood pressure, sugar & cholesterol, are lifelong diseases and lead to complications like heart disease and stroke. They can be controlled with medicines, therefore never stop taking medicines. Visit your doctor regularly at least once in a quarter.

- Very Urgent

You may have a high chance of developing a stroke. Strokes can be prevented/delayed with the help of medicines (keeping taking them) and by following a healthy lifestyle. Know the symptoms of stroke and if you have them anytime rush to the doctor immediately.

- Urgent

Monitor your heart and get your ECG taken every year.

- Urgent

Monitor your heart and get your TMT taken every three years.

- Very Urgent

If you have difficulty in sleeping, you may have sleep apnea. Know about the symptoms of sleep apnea and if they present anytime consult a sleep specialist to get yourself evaluated (by undergoing a sleep study) and initiate treatment if needed.

- Very 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

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.

- Urgent

Get your eyes checked for cataracts every 3 years.

- Very Urgent

Get your Serum Creatinine test done every year. If results are high, visit your doctor immediately

- Very Urgent

Always get unexplained bleeding/excessive bleeding from small wounds or during periods examined by a doctor. Female

- 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

Expert Notes