

**Elements of Lifestyle**
**Appetite**

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet


**Lifestyle**

Sleep



Exercise



Lifestyle



Meditation


**Substance**

Smoking



Tobacco



Alcohol



Other


**Body Mass Index**


Argh! You are obese. Your BMI score 31.41 is very high 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**


Argh! Your weight is very high. Your current weight 94 kgs is very high than the target range 70-75 Kgs.



## Disease Specific Risks

### High Risks

Obstructive sleep apnea

### Moderate Risk Areas

Skin Disease

Chronic liver disease

Obesity

## 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.

– Very Urgent

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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

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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.

- Urgent

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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.

- Very Urgent

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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.

- Very Urgent

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Limit alcohol consumption.

- Urgent

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

- Very Urgent

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

- Urgent

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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.

- Urgent

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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.

- Very Urgent

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Consult an obesity specialist to manage your obesity with medical nutrition therapy, and be open to medicines or surgery if needed. In addition, you would need to undergo behavioural therapy to evolve a healthy lifestyle.

- Very Urgent

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Get your insulin test done every year.

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Get your allergic test done, if not already done, to identify the allergens to be avoided.

- Very Urgent

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Wear full-sleeved clothing if you are outside in polluted areas. Eat more citrus fruits like oranges, lemons and sweet lime. If you are allergic to citrus fruits you have guava, papaya, broccoli, green leafy vegetables etc which are rich in vitamin C.

- Very Urgent

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Perform regular pranayama or breathing exercises – breathe slowly through the nose with controlled inhalation, hold the breath and exhale. Also, practice meditation and yoga daily. Keep your house clean to reduce dust and mold. Bathe and groom your pets regularly, if you have any. Remove thick and heavy carpets and curtains and replace them with light, cleanable materials. Not only quit smoking but try to avoid secondhand smoke. Wear face masks if you are outside in polluted areas.

- Very Urgent

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Try to avoid the allergens which cause your allergic reaction.

- Very Urgent

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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.

- Very Urgent

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You have the risk of having/developing chronic liver disease, please take Smaarogya's chronic liver disease screening test immediately to ascertain if any further actions need to be taken.

- Urgent

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Avoid needle stick injuries – e.g. use of injectable drugs, tattoos etc. If you are a healthcare worker, be especially careful about needle–stick injuries. Practise safe sexual habits, with the use of condoms, especially if you have multiple partners. If you have taken oral contraceptive pills for a long duration (> 4 years) or take paracetamol daily, disclose and discuss the same with your doctor. Take herbal medicines only after getting it checked and evaluated by a physician.

- Urgent

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Get your SGOT, SGPT and USG — liver tests done every year. If results are high, consult doctor immediately

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

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## **Expert Notes**