

### Elements of Lifestyle

#### Appetite

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet



#### Lifestyle

Sleep



Exercise



Lifestyle



Meditation



#### Substance

Smoking



Tobacco



Alcohol



Other



### Body Mass Index



Congratulations! You are normal. Your BMI score 23.05 is within the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.13 it should be below 1.0 and waist size to 35 inches



### Weight



Congratulations! You have normal weight. Your current weight 59 kgs is within range of 59-64 Kgs



## Disease Specific Risks

### 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.

- 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.

- 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

---

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

- 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.

- Urgent

---

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

- Very Urgent

---

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

---

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

---

Try to avoid the allergens which cause your allergic reaction.

- Very Urgent

---

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

- Urgent

---

## **Expert Notes**