







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 23.03 is within the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.41 it should be below 1.0 and waist size to 35 inches


Weight


Congratulations! You have normal weight. Your current weight 65 kgs is within range of 65-70 Kgs



Disease Specific Risks

Moderate Risk Areas

Obesity

Guidelines

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.

– 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

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

- Urgent

You may have a high chance of having a heart attack. Heart attack can be prevented/delayed with the help of medicines (keeping taking them, if prescribed by your doctor) and by following a healthy lifestyle. Know the symptoms of heart attack and if you have them anytime immediately rush to the doctor.

- Urgent

Monitor your heart and get your ECG taken every year.

- Urgent

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

- 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

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

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

- Urgent

Expert Notes