







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 35.94 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 92 kgs is very high than the target range 59-64 Kgs.



Disease Specific Risks

High Risks

Obstructive sleep apnea

Moderate Risk Areas

Skin Disease

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

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

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

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

Get your insulin test done every year.

- Urgent

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

- Urgent

Expert Notes