






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 23.18 is within the target range 21-24.9.


Hip Waist Ratio


Congratulations! You are normal. Your HW ratio is 0.98


Weight


Congratulations! You have normal weight. Your current weight 55.7 kgs is within range of 55-60 Kgs



Disease Specific Risks

Moderate Risk Areas

Glaucoma

retinal disease (eye)

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.

– 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

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

Get your thyroid test done every 6 months and visit your doctor.

– Urgent

Get your Vit B12, D tests done every year.

– Urgent

Avoid excessive quantities of vegetables like cauliflower, cabbage and broccoli. Make sure to keep your levels of vitamin D and B-complex in their needed range (you can take dietary supplements after consulting a doctor). Do exercise daily without fail.

– 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 eyes checked for cataracts every 3 years.

- Very Urgent

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

- Urgent

Expert Notes