

# Personal Wellness Profile - Overview

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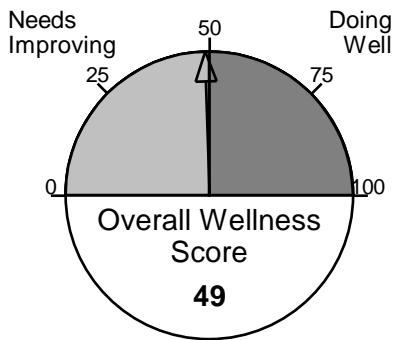
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## Wellness Scores

Your scores in the major areas of wellness are shown on the right. Scores range from 0 to 100. A score of less than 50 shows need for improvement; 50 or above is in the recommended range. Specific information on each of these key areas is shown in the following reports.

## Overall Wellness Score

The overall Wellness score is based on the number of good health indicators and these seven major wellness scores.

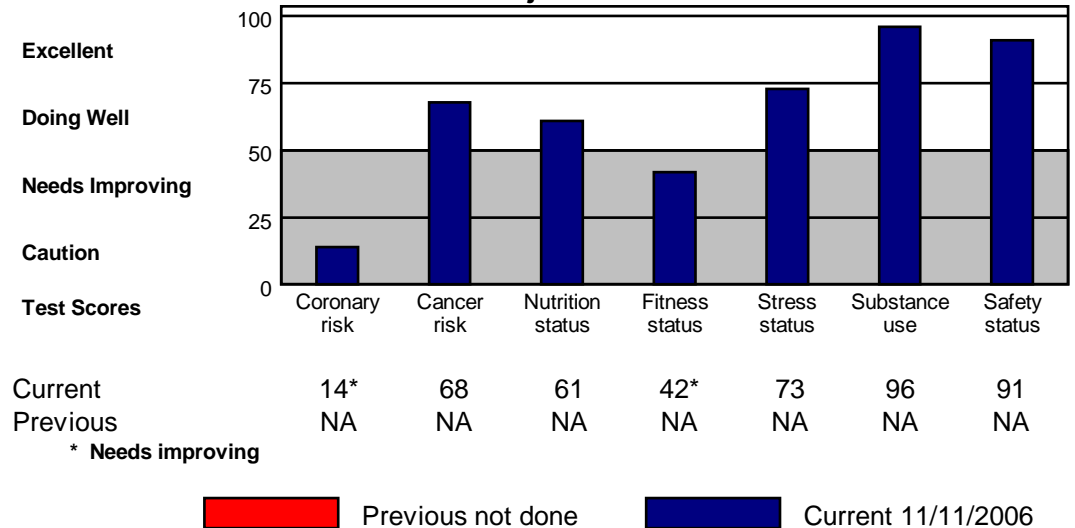


Your overall Wellness score is 49, "Needs Improving."

### Good Health Indicators: 11 out of 15

- ⊖ Low coronary risk
- ⊖ No tobacco exposure
- ⊖ Good cancer rating
- ⊖ Wise alcohol use
- ⊖ Good aerobic fitness
- ⊖ Good nutrition
- ⊖ Always wears seat belts
- ⊖ Good cholesterol level
- ⊖ Happy most of the time
- ⊖ Good blood pressure
- ⊖ Good safety rating
- ⊖ Good body composition
- ⊖ Seven-eight hrs sleep/day
- ⊖ Good stress rating
- ⊖ Fewer than five sick days

## Major Wellness Scores



## Recommendations for Improving Health

Your top four health needs or preventive actions are listed below. These are key factors needing attention to prevent serious health problems. Give these items top priority. Other recommendations and guidelines follow throughout this report.

- 1 Body composition** - A healthy weight can give you more energy and help you look and feel your best, while helping to prevent many serious health problems. For achieving and maintaining a healthy weight, see the recommendations in other sections of the report.
- 2 Coronary risk reduction** - You are at higher risk for coronary heart disease. Changes in eating and activity patterns can significantly reduce your risks. Change lifestyle patterns today and your risk will start to decrease immediately.
- 3 Physical activity** - Every "body" needs regular physical activity such as walking, cycling, swimming, aerobics, or active sports. Regular exercise helps control excess weight, high blood pressure, high cholesterol, and high blood sugar levels. It will also reduce stress and help you relax.
- 4 Elevated blood sugar or diabetes** - Both Type I and Type 2 diabetes can be more successfully managed by careful attention to diet and physical activity. If medications are required, take as directed by your doctor.

# Fitness - Overview

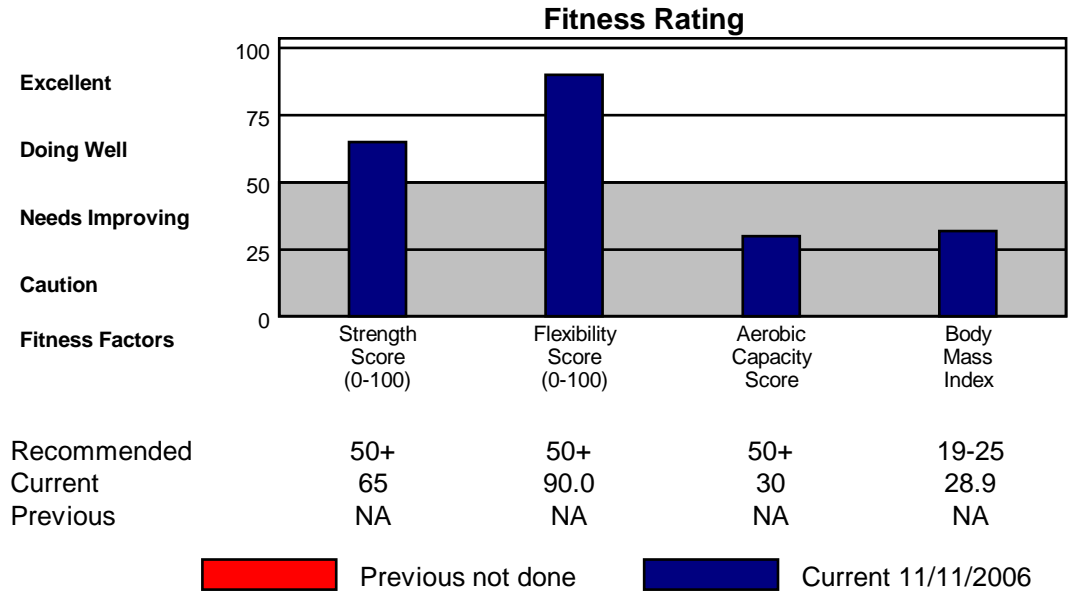
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## Understanding Your Fitness Report

This report will help you understand

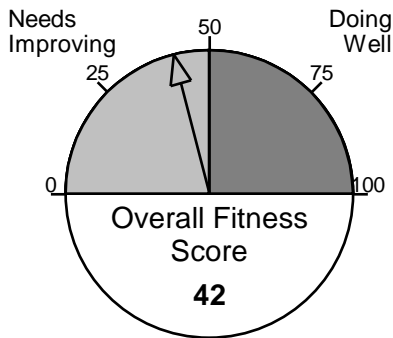
- How fit you currently are
- What areas may need improving
- How best to improve your fitness level

The indicators of fitness are listed on the graph to the right. You can quickly see how you are doing in each of the fitness areas. A Fitness score of 50 or higher is needed for good fitness. The rest of the report gives explanations and suggestions for improving your fitness level.



## Overall Fitness Score

An average of the individual scores is shown in the graph below. Aerobics is weighted 50% and body composition 25%.



### Fitness Rating Scale

Excellent .....	75-100
Doing Well .....	50-74
Needs Improving ...	25-49
Caution .....	0-24

Your current overall fitness score is 42, "Needs Improving."

## Recommendations for Improving Fitness

The marked items ù below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a fitness trainer, health professional, or your doctor.

**Abdominal strength/endurance** is important for maintaining good posture and protecting the back from strain or injury. Maintain your good rating by including abdominal strengthening exercises in your fitness program.

**Upper body strength/endurance** exercises are needed to maintain muscle mass, bone mineral content, and strong ligaments and tendons. Maintain your good rating with regular upper body strengthening exercises.

**Flexibility** is important in maintaining full range of motion in joints and for preventing pulled muscles and injuries. Maintain your good flexibility with regular stretching exercises.

ù **Aerobic capacity** is a measure of cardiovascular fitness. Maintaining a healthy heart and lungs decreases risk of heart disease and increases longevity. Improve your aerobic capacity for better health.

ù **You are over** the weight recommended for good health. A healthy weight decreases the risk for high blood pressure, heart disease, stroke, diabetes, obesity, and cancer. To achieve a healthy weight, get regular physical activity (30+ minutes per day) and choose low-fat foods. If you need further help, talk to a nutritionist.

ù **Caution** - Due to risks marked on your questionnaire, check with your physician **before** exercising.

# Fitness - Exercise Guidelines

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## **Muscle Strength and Endurance**

Doing Well Needs Improving  
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Muscular strength and endurance are improved by using the overload principle (exercising at a higher level than your muscles are used to). Any overload will result in improvement, but higher intensity effort will provide greater improvement. Start at a level that is easy for you to complete and progress gradually. General weight-training principles are summarized below:

**Activities:** Dynamic weight resistance training and calisthenics. Choose eight to 10 exercises that train the major muscle groups.

**Intensity:** Moderate to high resistance. Allow eight to 12 repetitions of each activity. Start with one set of each exercise. For further improvement, increase gradually to two to three sets of each exercise.

**Frequency:** At least two days per week.

**Safety:** Progress gradually as the exercise becomes easier. Warm-up with easy lifts before making hard lifts. Avoid excessive straining. Don't hold your breath. Breathe out with exertion. Get instructions on technique from a fitness trainer if possible. Work out with a partner.

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## **Flexibility**

Doing Well Needs Improving  
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Muscles and joints become stiff and lose their range of motion with inactivity and aging. You can maintain good joint mobility and improve flexibility with regular stretching exercises. Choose stretching exercises for the major areas of the body: lower back, hip region, the neck and shoulders, calves and backs of thighs. See the guidelines below:

**Warm-up:** Do stretching after the muscles are warmed up.

**Technique:** Do a static stretch; slowly stretch a muscle to the point of mild discomfort then hold the stretch for 10 to 30 seconds.

**Repetitions:** Three to five for each stretch.

**Frequency:** At least three days per week.

**Safety:** Don't over-stretch to the point of pain. Avoid bouncing movements. Avoid stretches that may worsen existing joint problems.

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## **Body Composition**

Doing Well Needs Improving  
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Body mass index (BMI) is a number relating your weight (190 lbs) to your height (68 in). Research shows that people with a BMI of 19 to 24 live the longest. A high BMI is linked to heart disease and other chronic diseases. An elevated BMI may not be a risk if it is due to a large muscle mass, as in weight lifters.

**Body mass index:** Your BMI is 28.9.

**Your recommended weight** is 132 - 164. This is based on a normal body mass index of 20 - 25.

**Waist girth:** It is also important to know how fat is stored. Abdominal fat is a higher risk to health than fat deposited on the hips. The waist girth is a measure of abdominal fat storage. A waist girth of 40 in. or less is recommended for men. Learn your waist girth.

# Fitness - Aerobic Exercise Guidelines

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## Aerobic or Cardiovascular Fitness

Doing Well Needs Improving

b

Aerobic exercises strengthen your heart and improve circulation. Examples of aerobic exercises are fitness walking, aerobic dance, bicycling, swimming, and active sports. Aerobic exercises challenge the heart and arteries to deliver oxygen to the muscles, causing an increased heart rate and heavier breathing.

**Activities:** Any exercise that increases heart rate and breathing, for example, fitness walking, jogging, bicycling, swimming, or active sports.

**Intensity:** Begin at an easy to moderate level. Don't go so hard you can't talk easily to another person while exercising. Check your heart rate and stay within your target heart rate range.

Target heart rate (beats/min)  
Recommended 110-138

See your health service provider for details.

**Duration:** At least 20 to 30 minutes per day. Work up to 30 to 60 minutes per day.

**Frequency:** At least three days per week. Work toward daily aerobic activity. Alternate easy with more vigorous exercise days.

**Progression:** When starting an exercise program, keep the intensity moderate. As the exercise becomes easier over time, gradually increase to a more vigorous level for further improvement.

**Safety:** Get your doctor's clearance before beginning or increasing your exercise program if you have any health problems.

## Aerobic Mile Activity List

Select a goal:

- .. 6 aerobic miles per week
- .. 10 aerobic miles per week
- .. 15 aerobic miles per week
- .. 20 aerobic miles per week
- .. \_\_\_ aerobic miles per week

Note: For positive changes in body composition and HDL cholesterol levels, complete at least 10 to 15 aerobic miles per week.

An "aerobic mile" is the energy equivalent of jogging one mile. For example, 15 minutes of vigorous swimming is equal to the calories burned in running one mile. Select an aerobic mile goal from the list on the left, then determine how many minutes are needed of each activity to achieve your weekly aerobic mile goal.

*Minutes of continuous activity to = 1 aerobic mile*

<i>Aerobic Activity</i>	<i>Easy pace</i>	<i>Moderate pace</i>	<i>Vigorous pace</i>
Jogging (12, 10, 8 min/mile)	12	10	8
Bicycling (10, 14, 18 mph)	16	14	11
Swimming	22	18	15
Racquetball	18	15	12
Hiking	24	20	16
Skating	18	15	12
Tennis	18	15	12
Walking (24, 20, 15 min/mile)	40	33	27

Note: At your present weight, one aerobic mile will burn 150 calories.

## Making Fitness a Lifetime Commitment

Maintaining fitness for a lifetime is the goal. The following suggestions can help you achieve this goal and keep your exercise program fun and interesting.

**Realistic goals:** Choose goals you know you can accomplish. You can revise them later if you desire.

**Charting progress:** Write down your aerobic miles daily. Compare your daily progress to your weekly goal.

**Social support:** It helps to exercise with a spouse or friend. You can support and encourage each other.

**Rewards:** When you reach specific milestones, reward yourself. Always be working toward a personal goal.

# Heart Health - Overview

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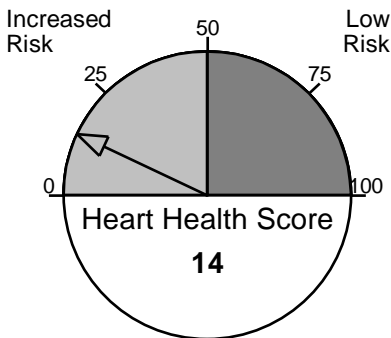
## Understanding Your Heart Health Report

This report is to help you understand the key areas of your health profile which specifically affect your risk for coronary and circulatory disease.

The controllable risks for heart health are listed on the graph to the right. If improvement is needed, these are the areas on which you will need to focus. In addition to the controllable risks, there are noncontrollable risks listed under "Heart Health Factors." These include personal and family history of heart or circulatory problems, gender, and age.

## Overall Heart Health Score

The overall Heart Health score is determined by the number of risk factors present.

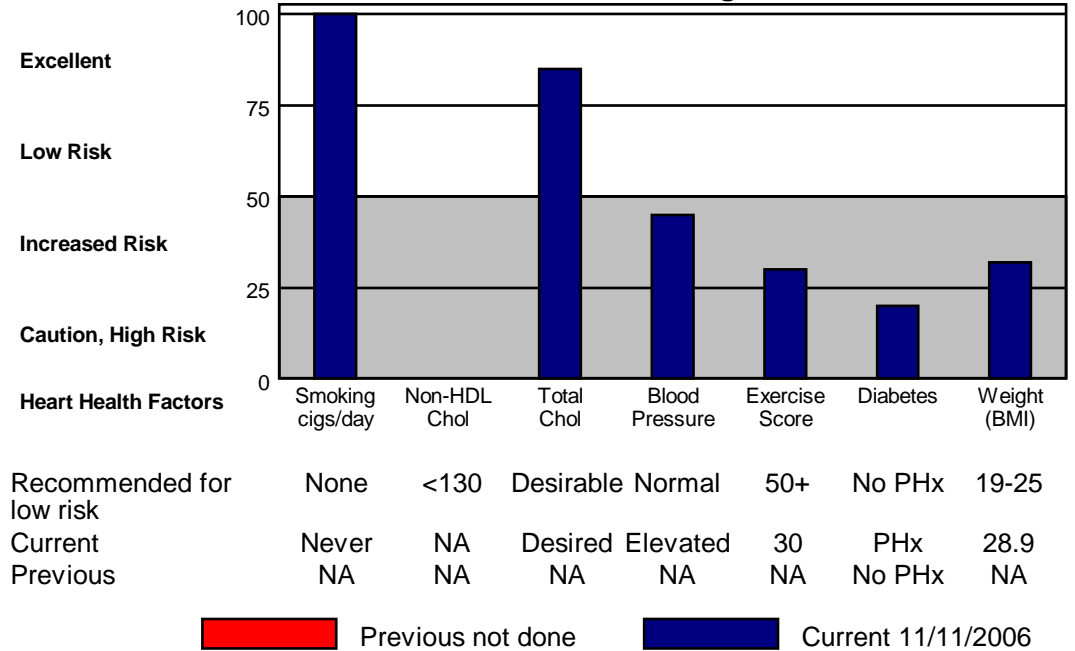


### Heart Health Rating Scale

Excellent.....	75-100
Low Risk .....	50-74
Increased Risk.....	25-49
Caution, High Risk	0-24

Your current Heart Health score is 14, "Caution, High Risk."

Heart Health Rating Scale



Heart Health Factors	Current 11/11/2006	Previous not done
Recommended for low risk	None	<130
Current	Never	NA
Previous	NA	NA
	Desired	NA
	Elevated	NA
	50+	NA
	30	NA
	No PHx	No PHx
	PHx	No PHx
	19-25	NA
	28.9	NA
	NA	NA

Previous not done (Red bar) Current 11/11/2006 (Blue bar)

## Heart Health Factors

Factors associated with heart disease are listed below. Your risks are marked with a ü. Give marked items special attention. Overall, you are at "High Risk" based on the criteria established by the National Cholesterol Education Program (NCEP).

- ü **Personal history** of heart or circulatory problem or diabetes. Because you already have a problem, you are automatically considered high risk for future problems.
- Family history** of early heart disease in a parent, brother, or sister.
- Gender/age** - Risk increases with age, especially after age 45 for men.
- Nonsmoker** - Not smoking greatly reduces risk.
- ü **Elevated blood pressure** - A pressure of 120/80 or higher (either number) is elevated.
- High non-HDL cholesterol** - A non-HDL cholesterol of 130+ indicates risk. Non-HDL cholesterol is calculated as the difference between total cholesterol and HDL. (Your total cholesterol = NA.)
- High total cholesterol** - A total cholesterol of 161+ indicates risk.
- ü **Diabetes** - This is a heart health risk; keep other risks low.
- Sedentary** - Inactivity is a risk. Be active 30 minutes, most days.
- ü **Weight** - A body mass index (BMI) over 25 is a heart risk.

# Heart Health - Blood Tests

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## Cholesterol Level

Doing Well Needs Improving  
 Ⓟ

	Your Results	Desirable	Borderline	High Risk
Total cholesterol	Desired	less than 161	161 - 199	200+
LDL cholesterol	NA	less than 100	100 - 129	130+
HDL cholesterol	NA	45 or more	less than 45	less than 40
Risk ratio	NA	less than 4.0	4.0 - 4.9	5.0+
Triglycerides	NA	less than 150	150 - 199	200+
Glucose (fasting)	NA	less than 100	100 - 125	126+

A high total cholesterol level can clog arteries, causing a heart attack or stroke. On the other hand, HDL cholesterol is protective. HDL particles remove excess cholesterol, helping prevent blockage of arteries.

Your overall cholesterol risk is best determined by evaluating both "Bad" (LDL) and "Good" (HDL) cholesterol levels.

Your present cholesterol level is in the desirable range. For ideal risk, keep LDL cholesterol levels below 70 and HDL levels greater than 60.

### To lower total and LDL "bad" cholesterol

- Ⓜ Eat healthy fats, limit animal or saturated fat.
- Ⓜ Avoid high-cholesterol foods such as eggs or meat.
- Ⓞ Eat high-fiber foods such as oatmeal, brown rice, fruits, vegetables, and legumes (peas, beans, lentils).
- Ⓞ Achieve and maintain a healthy weight.

### To raise HDL "good" cholesterol

- Ⓞ Achieve and maintain a healthy weight.
- Ⓞ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 10 to 15+ aerobic miles per week.
- Ⓜ DO NOT SMOKE.
- Ⓜ Note: postmenopausal women usually have higher HDL levels than men.

## Triglycerides

Your results: NA

Doing Well Needs Improving  
 Ⓞ

Triglyceride is a fancy name for fat in your blood. A fasting triglyceride level less than 150 is recommended (less than 100 is ideal). Your triglyceride level was not recorded.

### To lower triglyceride levels

- Ⓞ Achieve and maintain a healthy weight.
- Ⓞ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more (preferably) daily. **Be sure to get your doctor's guidance before starting any exercise program if you have any health problem.**
- Ⓜ Limit your intake of sugar and desserts.
- Ⓜ Avoid alcohol or limit your alcohol intake.

## Glucose

Your results: NA

Doing Well Needs Improving  
 Ⓞ

A fasting blood glucose level of 100 or above may indicate a glucose tolerance problem, increasing your risk of diabetes. A fasting glucose level of 126+ indicates high risk. You reported a personal history of diabetes. Follow your doctor's advice.

### To lower glucose levels

- Ⓞ Achieve and maintain a healthy weight.
- Ⓞ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more (preferably) daily. **Be sure to get your doctor's guidance before starting any exercise program if you have any health problem.**
- Ⓜ Limit your intake of sugar and desserts.

# Heart Health - Reducing Risk

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## Smoking

Your results: Never

Doing Well Needs Improving  
p

Smoking damages the heart. It decreases HDL levels, increases the likelihood of a blood clot, and damages the artery walls. By not smoking you are practicing preventive medicine. Also try to avoid smoky environments. Secondhand smoke can also increase your risk.

### How to stop smoking:

- w Millions of people have stopped smoking, most of them on their own. You can too!
- w For best results, follow a self-help guide to quitting or join a support group.
- w Ask your doctor for help and guidance or contact the local lung or heart association.

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## Blood Pressure

Your results: Elevated

Doing Well Needs Improving  
p

Keeping blood pressure low helps protect the heart and arteries. A pressure of 115/75 or lower is ideal, less than 120/80 is recommended. Pressures of 120/80 to 139/89 are prehypertension, increasing your risk. 140/90 or above is high and needs medical attention. Your blood pressure is above the recommended range.

### How to lower your blood pressure:

- ü Achieve/maintain a healthy weight. Even a weight loss of 10 lbs can do wonders.
- ü Get regular, moderate, physical activity such as walking.
- w Eat healthy-fat foods, high in fiber, and adequate in calcium and potassium.
- w Avoid or limit alcohol intake. Alcohol can increase blood pressure.
- w Limit your intake of salt and salty foods.
- w Keep stress moderate, get adequate sleep (7-8 hrs daily), and take relaxation breaks.

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## Physical Activity

Your results: Score - 30

Doing Well Needs Improving  
p

Physical activity is protective to the heart and circulation. Regular aerobic activity improves the way the body uses fats, raises HDL levels, helps lower blood pressure, helps control/prevent high blood sugar levels, decreases clotting tendency, and helps control/prevent excess weight. Exercise also strengthens the heart so it works more efficiently. Consider regular exercise as good preventive medicine.

### How to exercise for heart health:

- Frequency:** Set a goal of being physically active on most, preferably all, days of the week.
- Intensity:** Do moderate physical activities such as walking.
- Time:** Accumulating at least 30 minutes each day. Choose a 30 to 60 minute workout or several 10-minute sessions a day. Choose activities you enjoy.
- Examples:** Walk, hike, low impact aerobics, bike, active gardening, active sports.
- Caution:** Get a doctor's guidance before starting a vigorous activity program.

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## Body Weight

Your results: BMI 28.9

Doing Well Needs Improving  
p

Your body mass index (BMI), a measure of your weight (190 lbs) in relation to your height (68 in), is above the upper limit designating overweight (a BMI of 25 or less or 164 lbs or less for people of your height). Excess body fat increases the risk for high blood pressure, high cholesterol, and diabetes. Maintaining a healthy weight is protective to the heart and arteries.

### How to lose weight:

- w Dieting doesn't work. Learn to eat healthy low-fat meals and avoid late snacks.
- w Be active; try to get 30+ minutes of moderate to vigorous physical activity daily.
- w Avoid excessive stress, get adequate rest, and take time for yourself.

# Nutrition - Overview

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## Understanding Your Nutrition Report

The purpose of this report is to help you better understand

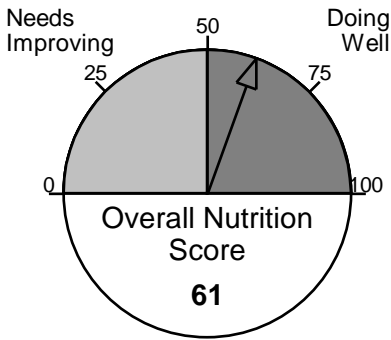
- Your current eating habits
- Any health risks caused by poor nutrition
- How you can improve your eating habits and your health

Five indicators of good nutrition are listed on the graph to the right. You can quickly see how you are doing in each of these five areas.

The rest of the report gives explanations and suggestions for improving your nutritional status.

## Overall Nutrition Score

Your overall score is based on your current eating habits. A score over 50 is desirable.

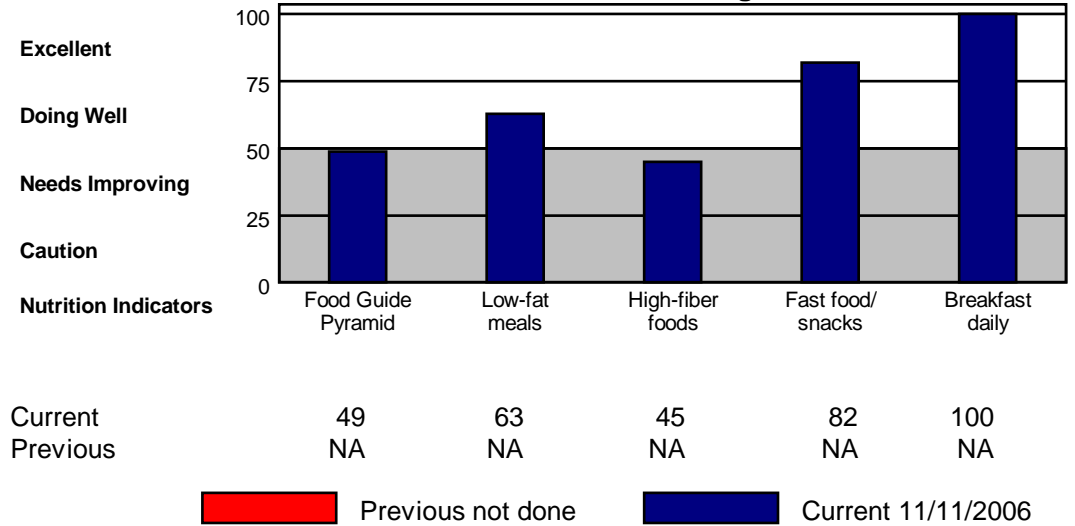


### Nutrition Rating Scale

Excellent .....	75-100
Doing Well .....	50-74
Needs Improving ...	25-49
Caution .....	0-24

Your current overall nutrition score is 61, "Doing Well."

Nutrition Rating



## Recommendations for Improving Nutrition

The marked items below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or with your doctor.

ü **Food Guide Pyramid score** - You did not meet all of the guidelines in the Food Guide Pyramid. Review the minimum recommended number of servings for each food group to help ensure your nutrition is balanced and adequate. See the rest of the report for more information and ways to make improvements.

**Eat healthy fats** - Maintain a diet low in animal and saturated fats. They increase the risk of obesity, high blood pressure, heart disease, stroke, and diabetes. Use fat-free or low-fat milk and dairy products. If you eat meat, limit the amount and choose lean cuts, skinless chicken, and fish. Also limit high-fat baked goods, fried foods, and butter. Use nuts, salad dressings, tub margarines, and cooking oils in moderation.

ü **High-fiber foods** are low in fat and help protect against obesity, high blood pressure, heart disease, stroke, and certain cancers. Examples are fruits, vegetables, potatoes, peas and beans, whole-grain breads and cereals. Eat more of these foods.

**Breakfast** - Continue eating breakfast for your body and mind to perform their best. People who skip breakfast have more accidents, don't learn as well, usually snack on less nourishing food, and don't live as long as those who eat breakfast daily.

**Fast foods/snacking** - Most fast foods and snacks are high in fat and calories and low in nutrition. Continue to limit snacks such as chips, pastry, and soft drinks. If you snack, choose fresh fruits, vegetables, breads, and other healthy choices.

### Other nutritional recommendations:

None. Review the rest of this report and the accompanying nutrition educational materials for further information.



# Nutrition - Food Guide

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"My Pyramid" is the USDA's new national food guide summarized below. It provides a daily eating plan for your activity level, and helps you evaluate your eating habits. See the USDA website at [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

**My Pyramid**



Food Pyramid Groups	No. of Serv. You Eat/Day	Recommended Serv/Day †	Americans Actually Eat	Serving Size Examples
Whole Grains and Breads	0.0 serv/day	4-8	5.1	1 slice of bread 1 oz. dry cereal 1/2 C ckd rice, pasta
Vegetables	2.0 serv/day	3-6+	2.0	1 C raw vegetables 1/2 C ckd or chopped 3/4 C veg. juice
Fruits	3.0 serv/day	3-5	1.0	1 medium fruit 1/2 C ckd or chopped 3/4 C fruit juice
Dairy/Calcium Foods	2.0 serv/day	2-3	1.3	1 C milk or yogurt 1.5 oz. natural cheese 2 oz. process cheese
Meat/Protein Foods/Legumes	3.1 serv/day	2-4	2.2	2-3 oz. cooked meat 1 egg, 3 oz. tofu 1 C ckd beans
Fats and Oils	2.0 serv/day	1-4	3.5	1T oil, trans-fat free marg, salad dressings
Sweets	1.0 serv/day	1-2	3.5	1 cookie, 1/2 C sherbet soft drink, 1T jam

† Recommended servings: The lower range is for older adults or sedentary women. The upper range is for teenage boys, active men, and very active women. Children and other people fall somewhere in the middle of the range.

**\*Follow your doctor's advice if you are on a special diet.**

## **Breads and Grains**

Doing Well .. Needs Improving ..  
p

Choose whole-grain breads and cereals. Grains provide complex carbohydrates, are good sources of fiber, vitamins, minerals, and have healthy fats. Aim for at least three servings of whole grains per day (whole wheat bread, brown rice, oats, etc.).

## **Vegetables**

Doing Well .. Needs Improving ..  
p

Vegetables are mostly fat-free, very low in calories, and protective against heart disease and cancer. Dark, leafy green vegetables are especially nutritious. Eat three to five servings of vegetables daily.

## **Fruits**

Doing Well .. Needs Improving ..  
p

As you know, fruits add flavor and variety to meals, are low in fat and calories, and protect against heart disease and cancer. Keep eating a variety of fruits, including those high in vitamin C (e.g., citrus, melons, berries).

## **Dairy**

Doing Well .. Needs Improving ..  
p

You are doing well. Keep choosing calcium-rich foods like nonfat or low-fat milk, yogurt, or cheeses. If you don't drink milk, choose high calcium veggies, soy products or supplements. Low calcium diets can contribute to weak, brittle bones.

## **Protein**

Doing Well .. Needs Improving ..  
p

Continue to eat two to four servings per day. Choose from low-fat meats (lean cuts, skinless fowl, and fish), legumes, (peas, beans, garbanzos, lentils, split peas), tofu, and meat alternates. Vegetable proteins have healthy fats, high fiber, and are cholesterol-free.

## **Fat and Sugar**

Doing Well .. Needs Improving ..  
p

Congratulations! Continue to go easy on foods with added fats and sugar and rich desserts that are high in calories and low in nutrients. Eat sparingly of typical desserts (cookies, cake, pastry, pies, ice cream), especially if you are overweight. You can eat more low-calorie desserts: fruit salad, nonfat frozen yogurt, berries, and melons.

# Body Composition - Overview

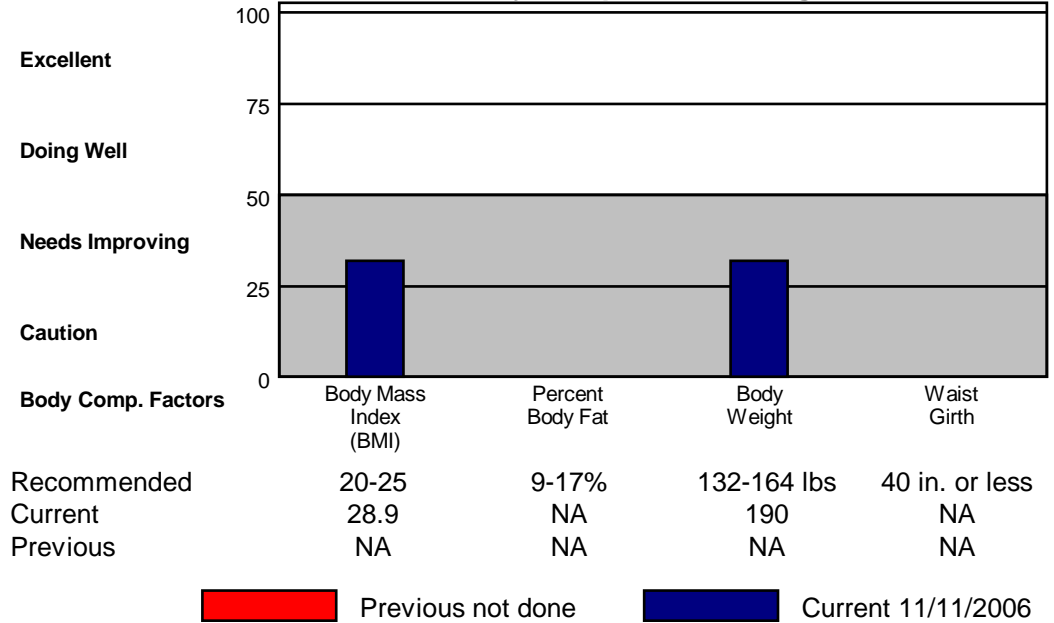
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## A Healthy Weight

Research has found that a body weight within the desired range for a person's height is predictive for health and longevity. Your recommended weight is based on this relationship. By keeping weight in control you help prevent high blood pressure, heart disease, stroke, and certain cancers.

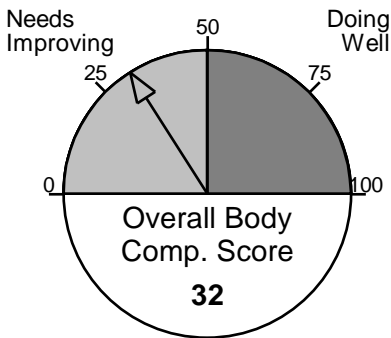
Your body composition measurements are shown in the graph on the right. Each factor is rated from "Excellent" to "Caution." Your overall risk is shown in the circle graph below and is rated from 0 to 100. A high score is desirable.

Body Composition Rating



## Overall Body Composition Score

Your overall score is an average of the individual scores shown in the graph above.



### Body Composition Rating

Excellent .....	75-100
Doing Well .....	50-74
Needs Improving ...	25-49
Caution .....	0-24

Your current overall Body Composition score is 32, "Needs Improving."

## Recommendations for Improving Body Composition

The marked items ù below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

ù **Body mass index (BMI)** - BMI is a number relating your weight (190 lbs) to your height (68 in). It is often used in health studies. Research indicates that people with a BMI of 19 to 24 live the longest. Your current BMI is 28.9.

A BMI greater than 25, for men, is linked to increased risks for heart disease, diabetes, high blood pressure, stroke, and arthritis. A high BMI, however, may not be a risk if it's due to high muscle mass. This is common in bodybuilders.

ù **Body weight** - Use the information below to help you evaluate your present weight (all recommended values based on people of your height and gender):

- w Recommended weight (based on BMI of 20-25) = 132-164 lbs.  
Note: people with thin builds should be near the lower range, large frame/muscular builds near the top of the range, and medium builds near the middle of the range.
- w Overweight standard (BMI greater than 25) = weight greater than 164 lbs.
- w Your present weight = 190. Consider a weight management program.

**Waist girth** - Waist girth measurement shows how fat is distributed on the body. More fat in the upper body is linked to an increased risk of diabetes and heart disease. A waist girth of 40 in. or less is recommended for men. Learn your waist girth. **(A high risk waist girth takes priority over all body composition scores.)**

# Substance Use - Overview

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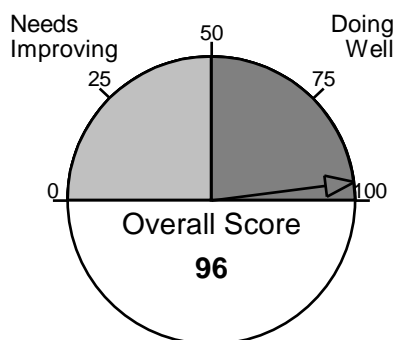
## Understanding Your Substance Use Report

This profile is based on your answers to the alcohol, drug, and smoking questions. Examine your profile and review the recommendations regarding careful use or avoidance of certain chemical substances. If needed, get help from your physician or health counselor in making lifestyle changes.

Areas of major concern are heavy use of alcohol, tobacco use, exposure to secondhand smoke, high caffeine intake, use of mood-altering drugs, and drug interactions.

## Overall Substance Use Score

The overall Substance Use score is an average of the individual scores shown in the graph on the right.

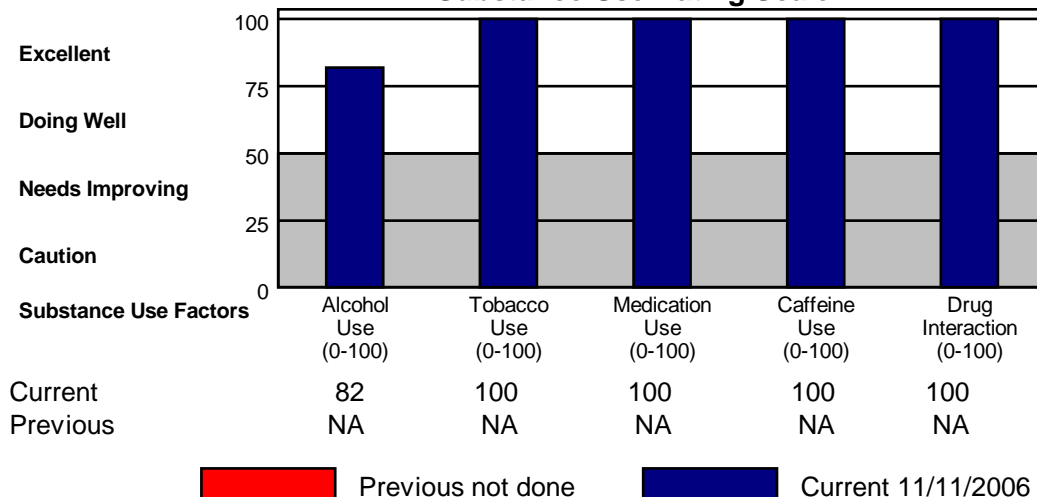


### Substance Use Rating Scale

Excellent .....	75-100
Doing Well .....	50-74
Needs Improving ...	25-49
Caution .....	0-24

Your current overall substance use score is 96, "Excellent!"

Substance Use Rating Scale



## Recommendations for Avoiding Substance Use

The following recommendations are guidelines from leading national health organizations. The marked items ù indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

**Alcohol** - Not drinking is the safest choice! Alcohol use is linked to liver disease, certain cancers, accidents, addiction, and social problems. It is also the second primary cause of hospitalization. The USDA dietary guidelines on alcohol state that if you drink, do so in moderation, no more than two drinks per day, with meals, and when consumption does not put you or others at risk.

Some people should not drink: women who are pregnant or trying to conceive, people who plan to drive or operate equipment, people taking medication, those who can't keep their drinking moderate, children, and adolescents.

**Smoking** - Choosing to be a nonsmoker is a giant step toward better health! It reduces your risk for lung disease, cancer, and heart disease. By not smoking you will also look better, feel better, and live longer. Maintain your resolve to be smoke-free!

**Medications** - Medications are sometimes needed, but, if misused, they can cause serious problems. Taking drugs on a regular basis to relax, sleep, or alter your mood can lead to a serious habit or dependency. Continue to avoid street drugs and use all medications as directed by your doctor.

**Caffeine** - Caffeine-free drinks are best for your health. Continue to choose from the many choices of caffeine-free drinks available.

**Drug interactions** - Continue to prevent dangerous drug interactions when getting new medicines by always informing your doctor of all medicines you are taking and avoiding alcohol while taking them.

# Stress/Coping - Overview

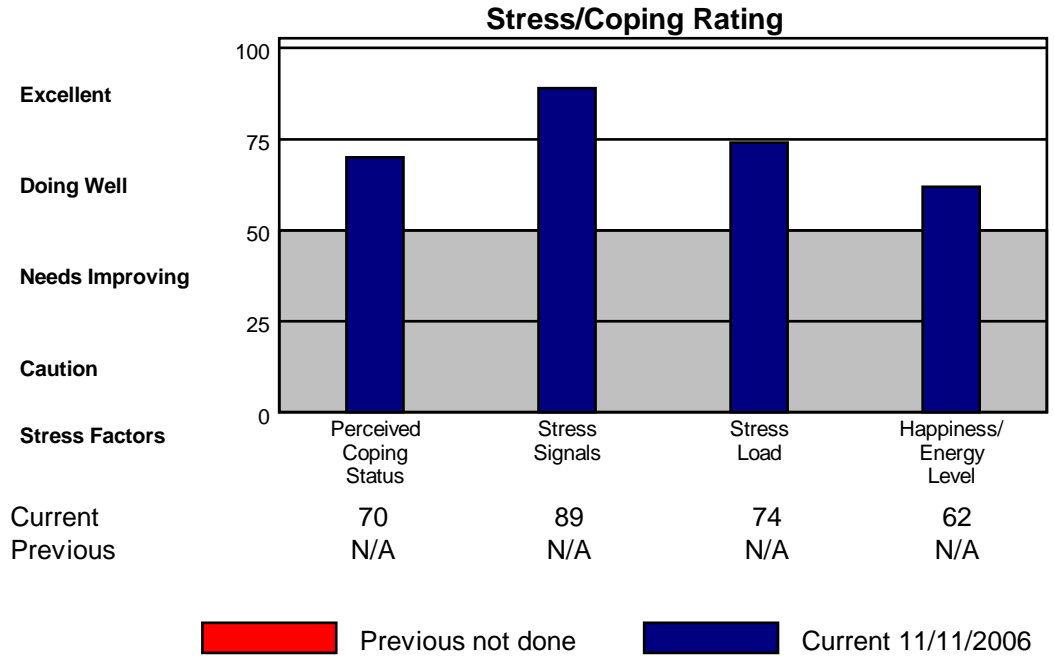
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## Understanding Your Stress Report

The purpose of this report is to help you better understand

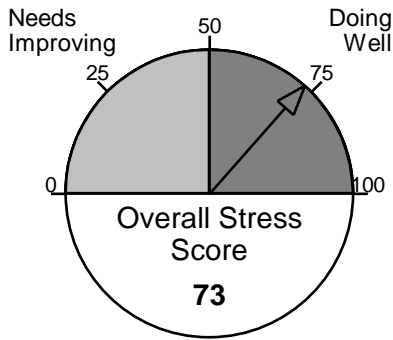
- How you are coping with stress
- If signs of excess stress are present
- How you can improve your coping ability

Four indicators of stress and coping are listed on the graph to the right. You can quickly see how you are doing in each of these areas. The rest of the report gives explanations and suggestions for improving your coping ability.



## Overall Stress Score

Your overall Stress score is based on the average of the major stress ratings and specific stress indicators.



### Stress Rating Scale

Excellent .....	75-100
Doing Well .....	50-74
Needs Improving ...	25-49
Caution .....	0-24

Your current overall stress score is 73, "Doing Well."

## Recommendations for Coping With Stress

The marked items ù below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a mental health professional or your doctor.

**Perceived coping status** - You feel confident that you are handling stress in your everyday life very well. That's great! Maintain your good coping status by balancing life's demands with adequate time for rest and recreation.

**Stress signals** - You reported no serious stress signals. Be aware of possible stress buildup in the future and signals such as hopelessness, constant worry, low energy, and lack of enjoyment in life.

**Stress load** - Your report indicates that you are coping very well with a variety of factors related to health and stress. You seem to have developed ways to reduce the negative effects of stress in your life.

**Overall happiness/energy level** - Having a positive attitude and confidence in yourself is a healthy approach to life. Both physical and emotional health are related to good stress management. Keep up the positive approach to life!

**Coping with life** is easier when you get adequate rest, daily physical activity, and take time to relax (listen to music, walk in the park, talk to a friend, enjoy a hobby).

# Safety - Overview

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## Understanding Your Safety Report

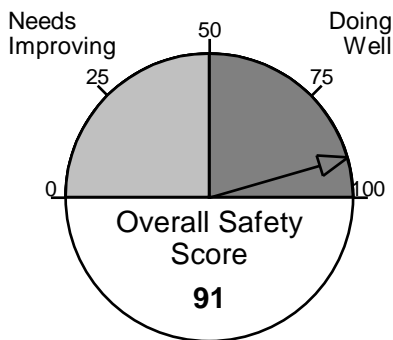
This profile is based on your answers to the safety questions. Many factors influence your health on a daily basis. Habits that promote a safe environment may have the greatest immediate impact on your quality of life.

- Accidents are a leading cause of death and disability.
- Accidents are a major cause of lost work time.

This profile rates your responses to major safety issues. Recommendations are provided to help you make good safety-related decisions.

## Overall Safety Score

The overall Safety score is based on the number of good safety factors appearing in the Safety Rating Scale.

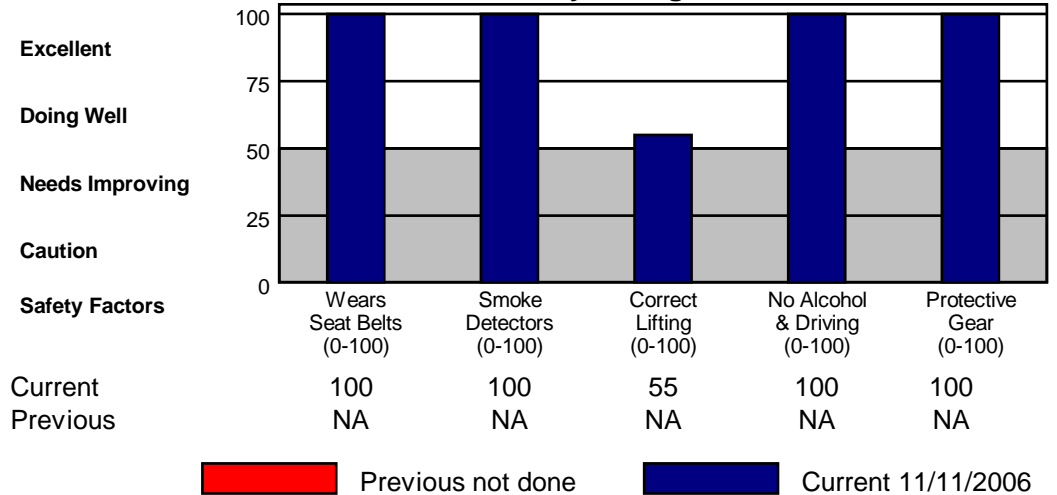


### Safety Rating Scale

Excellent .....	75-100
Doing Well .....	50-74
Needs Improving ...	25-49
Caution .....	0-24

Your current overall Safety score is 91, "Excellent!"

## Safety Rating Scale



## Recommendations for Improving Safety

The marked items below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

**Seat belts** - Wearing seat belts reduces risk of serious injury and death. In many states it's the law. Continue to always buckle up.

**Smoke detectors** - Smoke detectors have saved thousands of lives. Be sure to maintain working smoke detectors in all sleeping areas of your home. Check them at least once a month. Most deaths from home fires involve houses without working smoke detectors.

**Correct lifting** - Always use correct lifting technique to protect your back. When lifting heavy objects, bend and lift with your legs, not your back. Keep your back straight, maintaining the normal curve. Hold the heavy object close to your body. If you need to turn, use your legs. Don't twist your back while lifting.

**Alcohol and driving** - Drinking and driving kills over 20,000 people a year in North America alone. If you do drink, never drink and drive. It takes the liver about one hour to clear the alcohol from one drink out of the blood. Allow an hour before driving for every drink, or call a cab. Look out for your friends who may drink and encourage them to do the same. You may save the life of a friend.

**Protective gear** - Continue to wear protective gear while participating in fast active sports such as in-line skating or bicycling. Wearing a helmet can prevent many unnecessary injuries or even death. Hundreds of people (mostly children) without helmets are killed each year from bicycling accidents.

# Cancer Risk - Overview

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## Reducing Your Cancer Risks

- Become aware of any cancer risks you may have.
- Learn how to change the most important risk factors.
- Learn prevention and early detection guidelines.

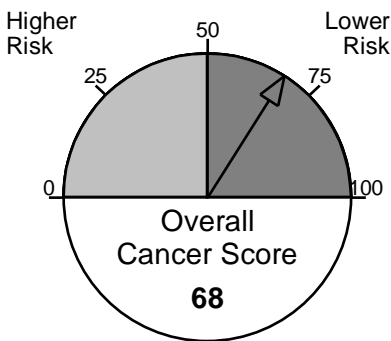
### Cancer Risk Categories:

- Family history/age
- Dietary factors
- Tobacco use
- Other lifestyle factors

These categories are shown to the right and are rated from "Excellent" to "Caution, High Risk." Your overall cancer risk is shown in the circle graph below. A score of 50 or higher is desirable.

## Overall Cancer Score

Your overall score is based on the number and importance of cancer risk factors present.

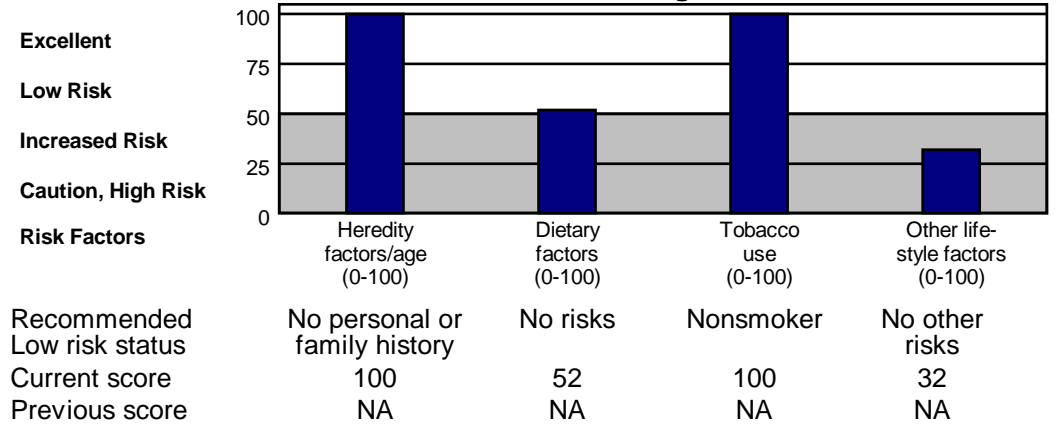


### Cancer Risk Rating Scale

Excellent .....	75-100
Low Risk .....	50-74
Increased Risk .....	25-49
Caution, High Risk .	0-24

Your current overall cancer score is 68, "Low Risk."

## Cancer Rating Scale



Recommended	No personal or family history	No risks	Nonsmoker	No other risks
Low risk status				
Current score	100	52	100	32
Previous score	NA	NA	NA	NA

## Recommendations for Reducing Cancer Risk

The marked items below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor.

### Hereditary factors and age

- You report no family history of cancer.
- Age is a factor we cannot control. Be alert to cancer-prevention issues.

### Dietary factors

- Foods rich in fiber, such as whole grains, fruits, and vegetables, may protect against certain cancers, including breast cancer. Include more of these foods in your diet.
- Animal fats appear to increase the risk of certain cancers such as colon and prostate cancer. Limit fatty meats and other saturated fats.
- Fruits and vegetables contain many protective elements called phytonutrients. By consuming at least five fruits and vegetables daily you are at lower risk for many cancers.

### Smoking, Tobacco use or Secondhand smoke

- Congratulations for being a nonsmoker. Smoking and other uses of tobacco have been shown to cause many forms of cancer.

### Other lifestyle factors

- Alcohol is a cancer promoter. If you do drink, limit your intake to no more than two in any one day.
- Regular exercise has been shown to reduce cancer death even with other risks present. Be physically active, thirty plus minutes daily.
- Sun/ultraviolet exposure can lead to skin cancer. Continue to wear protective clothing and sunblock when outside for extended periods of time.
- Cancer Warning Signs - sores. Discuss these medical problems with your physician.
- Your Body Weight score is outside of the desired range. This increases your risk. Choose lifestyle practices that help improve your body composition.



# Osteoporosis - Overview

anonymous anonymous

## Understanding Your Osteoporosis Report

This report is designed to help you

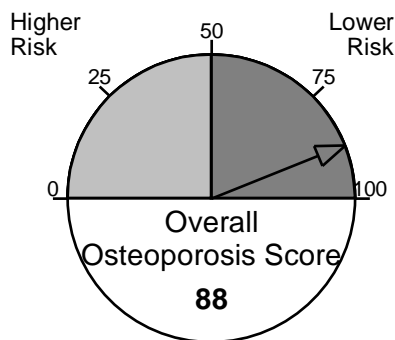
- Understand osteoporosis
- Identify risks you may have
- Determine how to prevent osteoporosis from developing

The risk factors for osteoporosis are listed on the graph to the right and are rated from "Excellent" to "Caution, High Risk." Your overall risk is shown in the circle graph below and is rated from 0 to 100; a high score is desirable. A score of 50 or higher is needed to achieve a rating of "Low Risk."

The rest of the report gives suggestions for improving and/or maintaining bone strength.

## Overall Osteoporosis Score

Your Osteoporosis score is based on the number and importance of risk factors.

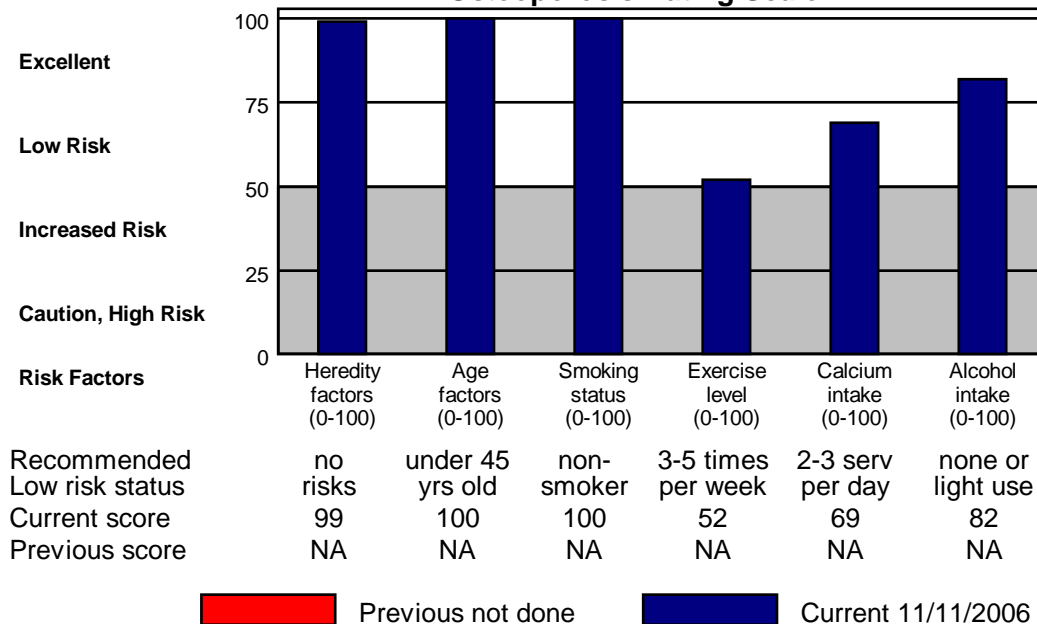


### Osteoporosis Rating Scale

Excellent .....	75-100
Low Risk .....	50-74
Increased Risk ...	25-49
Caution, High Risk .	0-24

Your current overall Osteoporosis score is 88, "Excellent!"

Osteoporosis Rating Scale



## Recommendations for Improving Bone Health

The marked items ù below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or with your doctor.

### Hereditary factors -

There are three hereditary factors that affect risk: A family history of osteoporosis puts you at higher risk. Small-boned people are at higher risk. Men are at lower risk than women. Only one in five occurrences of osteoporosis involves men.

**Age** - Age is the most important determinant of bone density. The older you are, the higher your risk. Peak bone density is between ages 25 to 35.

**Smoking** - Congratulations for not smoking. Smoking can be toxic to bone cells and can reduce absorption of calcium.

**Weight-bearing exercises** help maintain strong bones and increase bone density. Examples of good exercises include aerobics, walking, jogging, dancing, weight training, and active sports.

**Dietary factors** - Adequate calcium is essential for strong bones; 1,000 mg of calcium per day is recommended. Eat two to three servings of high-calcium foods daily, e.g., low-fat milk, yogurt, cheese, broccoli, greens, and firm tofu. Get adequate sunshine or vitamin D in fortified milk or in a supplement. Keep intake of protein moderate. High intakes cause calcium loss in the urine.

**Alcohol** - Because alcohol affects bone formation, keep intake within recommended levels.

# Health Age - Overview

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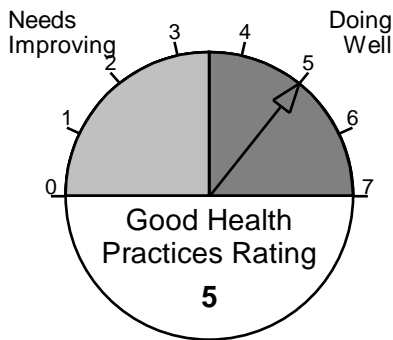
## Understanding Your Health Age

The effect of health practices on longevity is demonstrated by a 15-year study of more than 6,900 people. Researchers found seven basic health habits that were good predictors of how long people lived.

People following six or seven of the good health practices lived as much as 11 years longer than those following fewer than four.

Your health practices are compared to this study to determine how healthy you are and project your "Health Age."

## Good Health Practices Rating (0 to 7)



**Health age** - Your health age is 34.5. That's great! This is your "true body age" based on your present health practices.

**Achievable age** - Your achievable age is 29.5. This means you could add 5.0 years to your life expectancy.

Review the health practices listed on the right for ways to improve your health. Marked items ù need special attention.

Doing Well	Needs Improving	Good Health Practices
ü		Not smoking
	ü	Regular, aerobic exercise, at least 30 minutes, 3+ times/week
ü		Alcohol, none or moderate use
ü		Adequate sleep, 7-8 hours per night, most nights
	ü	Recommended desirable weight, 132-164, based on BMI
ü		Eat a good breakfast every morning, or most mornings
ü		Avoid frequent snacking on typical snacks

## Recommendations for Improving Health Age

The marked items ù below indicate where you can make changes to improve your health. For additional information, refer to the educational material in your report and discuss these items with a health professional or your doctor. Your Health Age is calculated only from these seven Good Health Practices.

**Smoking** - Congratulations on being a nonsmoker! Nonsmokers, on the average, live 10 to 12 years longer than those who continue to smoke. Politely encourage family and friends not to smoke, as well.

ü **Activity** - Every body needs regular physical activity: brisk walking, cycling, swimming, aerobics, or active sports. At least 30 minutes of moderate aerobic activity three or more times per week is needed for optimum health.

**Alcohol** - Drinking can lead to serious health problems: liver disease, cancer, high blood pressure, accidents, and alcohol dependency. If you choose to drink, do so in moderation. Do not drink and drive.

**Sleep** - Research shows that people who get seven to eight hours of sleep daily have lower death rates than those who sleep less. Adequate rest improves physical and emotional health.

ü **Weight** - Your reported weight is above the desirable range. A healthy weight can help you look and feel your best. Achieve a healthy weight, eat low-fat foods, be physically active, and avoid late night meals.

**Breakfast** - Continue eating breakfast! People who eat breakfast daily live longer than those who don't eat breakfast regularly. Healthy breakfast choices include fruit and fruit juices, whole-grain breads and cereals, and low-fat milk.

**Snacking** - Not snacking on "junk" foods (chips, pastry, colas, and other high-fat, high-calorie foods) helps you avoid excess fat, calories, salt, and sugar. If you need a snack, choose fresh fruits and vegetables.



# Medical Follow-Up

anonymous anonymous

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## *Symptoms of Medical Problems*

The following items (identified from your symptoms) are medical problems that should be discussed with your doctor:

**\*Follow your doctor's advice if you are on a special diet.**

Skin sores that won't heal

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## *Screening Results*

The following test results are in the "High Risk" area and need further evaluation and attention by your doctor. (Blood Glucose appears if 100 mg/dL or more.)

*You have no high risk areas that can be associated to any test results you have listed on your questionnaire.*

---

## *Preventive Exams*

The following exams are recommended for people of your age and gender. Checked  items need attention.

**Note:** People with certain conditions may need more frequent exams. Follow your doctor's advice.

- Physical exam, every one to three years, yearly after age 65
- Cholesterol check, every one to three years
- Blood pressure check, every one to two years
- Dental exams, regularly
- Vision screening, as needed
- Hearing screen, periodically as needed
- Monthly testicular self-exam
- Ask your doctor about a prostate exam
- Immunizations, Tetanus-diphtheria booster, once each 10 years
- Health/lifestyle assessment, every one to two years

---

## *Five Leading Causes of Death, People 25-64*

(If you know your leading health hazards, take steps to minimize your risk.)

1. Cancer
2. Heart disease
3. Motor vehicle and other accidents
4. Human immunodeficiency virus (HIV) infection (AIDS)
5. Suicide and homicide

# Your Next Step

anonymous anonymous

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## *Your Next Step*

Reduce known risks! Review the health improvement opportunities on the right.

## **Health improvement opportunities (ü = recommended modules)**

Review the preventive actions recommended on page 1 of this report and the available health improvement opportunities listed below. Then choose a health topic you are most interested in tackling. Start your personal health improvement program today!

ü Improving Fitness

Managing Stress

Blood Pressure Management

Lowering Cholesterol Levels

Improving Nutrition

Senior Living

Healthy Pregnancy

Stopping Smoking

ü Living with Diabetes

# Personal Wellness Profile

anonymous anonymous

**P**

Printed on:  
Saturday, November 11, 2006

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