



I. B. FINE

Dear MR. FINE

Here is your **Personal Health Report**. It includes information about your current status along with suggestions for ways to improve your health and fitness.

Your **Personal Health Report** is divided into nine sections:

- I. **Health and Lifestyle Information:** Includes your **Biometric Profile**, a visual summary of your Health Risk Factors. How does it look?
- II. **Coronary Health:** Important information about coronary health factors and your present lifestyle pattern. Can you decrease your risk of heart attack and stroke?
- III. **Cancer Prevention:** Information about the causes and ways of preventing cancer. What can you do?
- IV. **Stress:** Do you presently experience any of the common stress factors described in the questionnaire? Do you experience any of the physical symptoms described?
- V. **Nutrition:** Diet, nutrition, and body weight. What needs improvement? The Food Guide Pyramid: A new way to look at nutrition.
- VI. **Calorie Balance:** Body weight, body composition and weight control. How can you balance your calories?
- VII. **Exercise and Fitness:** Your fitness and present exercise routine. Should you plan changes?
- VIII. **Personal Safety, Exams and Health History:** Are you taking care of yourself?
- IV. **Take Charge:** Important safety habits, disease prevention and early detection exam schedules, personal health history and-what are you going to improve today?

As you read your **Report**, you will note what a vital part your personal habits play in your health. You will also come to realize, we hope, that you can do many things to better your health and fitness and to increase your sense of well being.

We wish you good health.

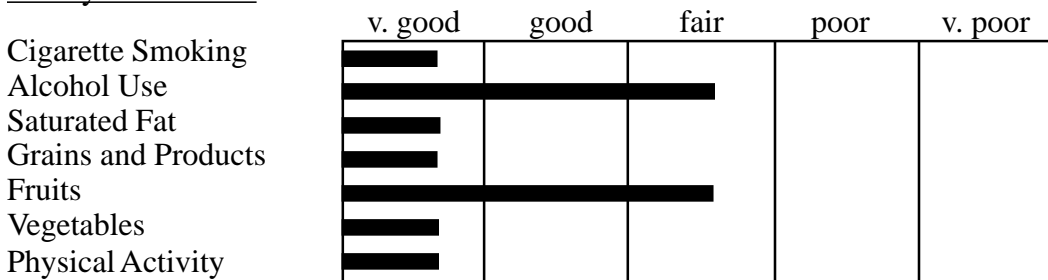
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Your Biometric Profile - Risk Factors

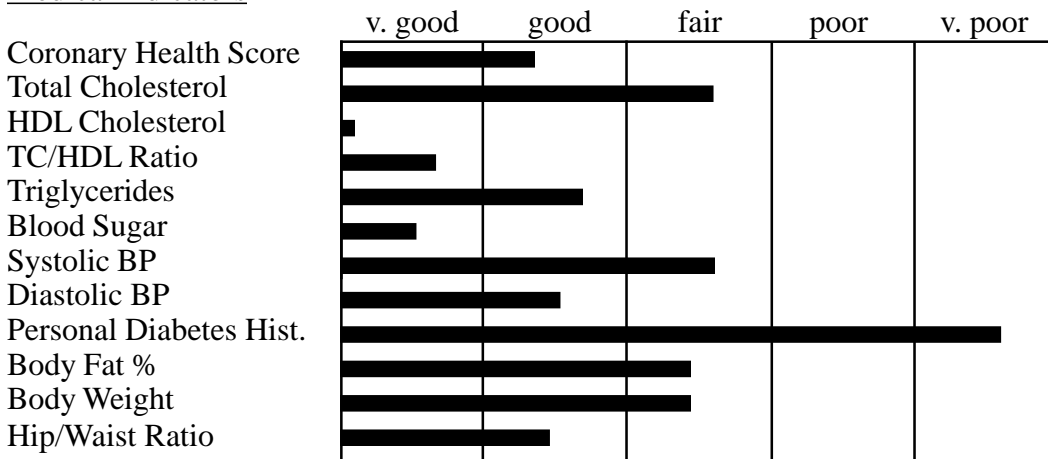
CIRCULATORY SYSTEM RISK FACTORS

Especially Heart Disease and Stroke

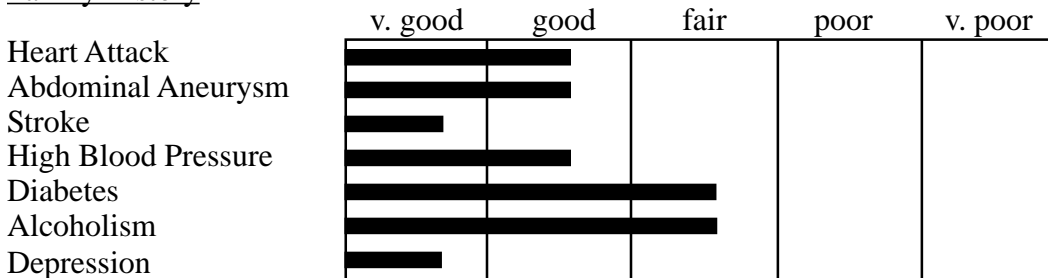
Lifestyle Behaviors



Medical Indicators

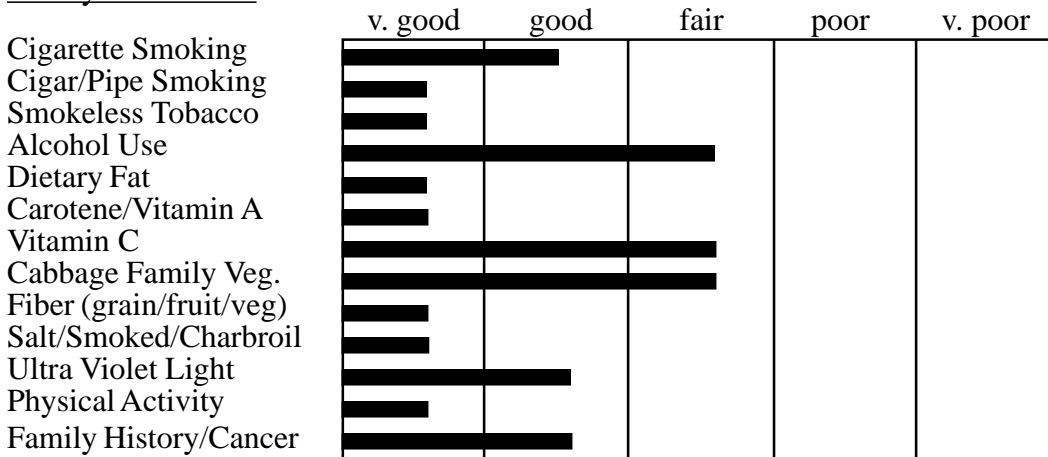


Family History



CANCER RISK FACTORS

Lifestyle Behaviors

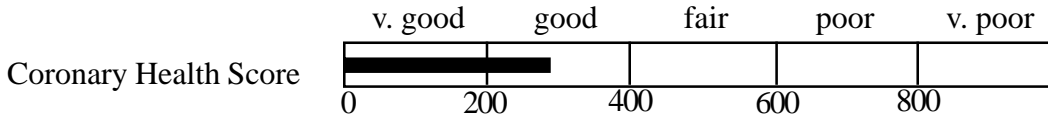


Coronary Health

CORONARY HEALTH SCORE

Your CORONARY HEALTH SCORE is computed to be 252.

Note: Your Coronary Health Score is adjusted for age and sex.
A theoretical "Ideal" score is in the range 0 to 100.



Interpretation: Your Coronary Health Score is in the Low Risk Range, which suggests that you have a low probability of any coronary problems in the next few years. You are at 2.52 times the risk of the "Ideal" score of 100. The contribution of the individual health factors to the total score varies, and is displayed in the next few pages.

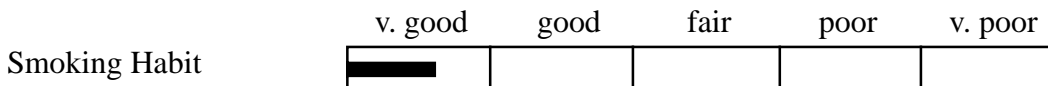
DATA: Your data for the major Coronary Health Factors, are:

Age	61	Blood Pressure	155/86
Sex	m	Cholesterol (TC)	230
Smoking Habit	no	Cholesterol-HDL	93
Diabetes Hist.	yes	TC/HDL Ratio	2.47
Blood Sugar	150	Triglycerides	130

YOU CAN INFLUENCE EVERY FACTOR EXCEPT AGE AND SEX.

SMOKING HABIT

Your non-smoking habit relative to coronary health is very good.

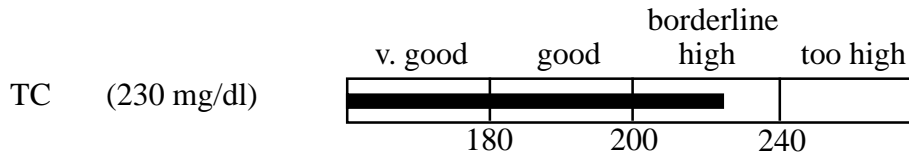


Interpretation: By not smoking cigarettes, you have significantly reduced your risk of having a heart attack or stroke.

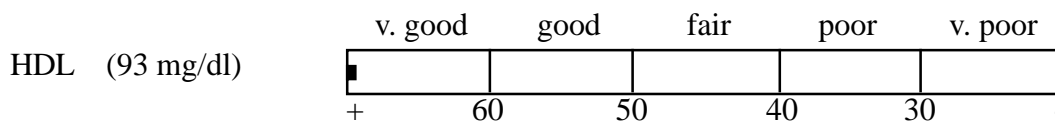
Coronary Health (cont.)

LIPID PROFILE

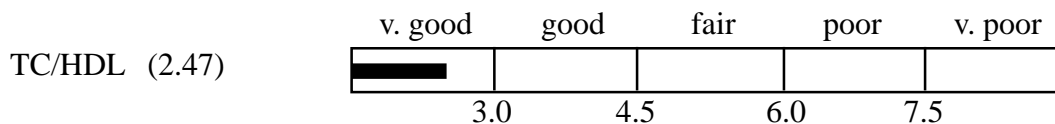
The National Cholesterol Education Program Expert Panel and The Framingham Heart Study both recommend a cholesterol level of less than 200 mg/dl for everyone. A level of 200 to 240 is considered “borderline high”, and any level over 240 is too high.



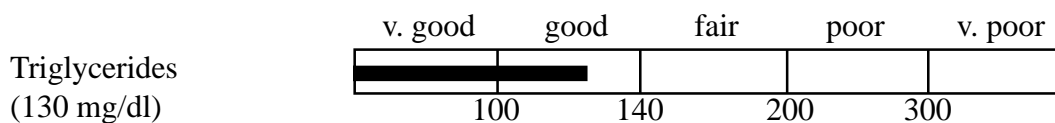
Interpretation: Your cholesterol level is borderline high. Therefore, you are at some increased risk of developing coronary heart disease. It would be very good to reduce your total cholesterol to below 200 mg/dl.



Interpretation: Your HDL level is high, which is good. This helps to keep your Coronary Health Score low. A regular program of vigorous exercise will help to keep your HDL level high.



Interpretation: Your TC/HDL ratio is presently quite low, which is good. This helps to lower your Coronary Health Score. Maintain your good score through proper diet and exercise.



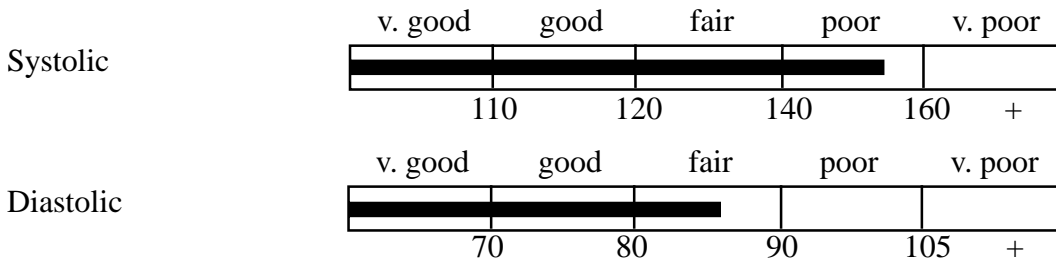
Interpretation: Your non-fasting triglyceride level is presently within normal range. Try to maintain this level through calorie control and a diet low in fats and sugars.

Note: Total cholesterol and HDL levels in the blood are usually quite stable from day to day. These levels, and the ratio of each to the other, change slowly over time in response to diet and/or exercise. Triglycerides, on the other hand, respond quickly each day to food and exercise.

Coronary Health (cont.)

BLOOD PRESSURE

Your blood pressure was reported to be 155 / 86 mmHg.

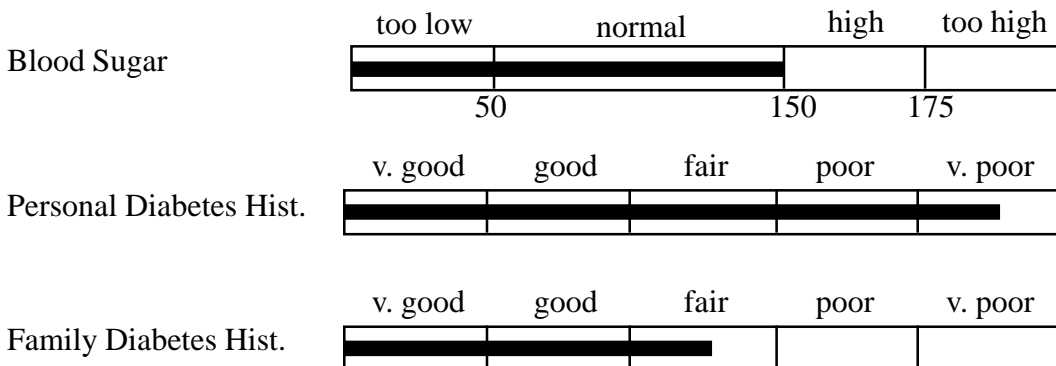


Interpretation: Your blood pressure is significantly elevated and requires immediate attention. Please see your doctor who will advise you regarding medication, diet and exercise.

Comment: You indicate no prior history of hypertension. As one gets older, high blood pressure can gradually become a problem without prior warning. Therefore, it is recommended that you have your blood pressure checked at least once a year.

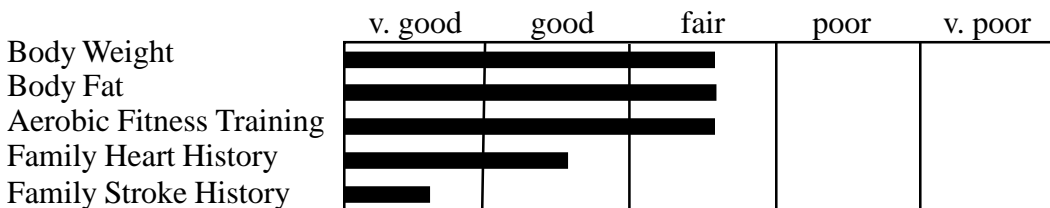
BLOOD SUGAR

Your blood sugar was reported to be 150 mg/dl.



Interpretation: You have reported that you are a diabetic, and your non-fasting blood sugar level is somewhat elevated. You may wish to discuss this with your doctor.

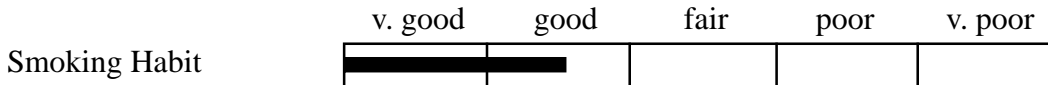
OTHER CORONARY HEALTH FACTORS



Cancer

TOBACCO USE

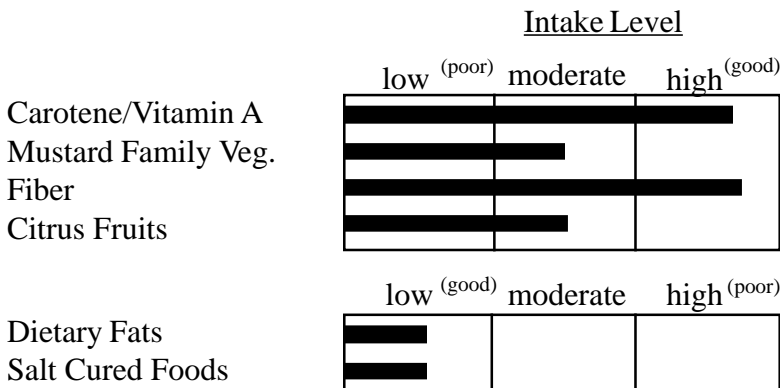
Your present tobacco use relative to cancer risk is good.



You are a former cigarette smoker. By quitting, you have reduced your risk of lung cancer and oral cancers. After 15 years of abstinence, the risk of cancer is generally not too much greater than that of a non-smoker.

ABOUT 30% OF ALL CANCER, AND OVER 85% OF ALL LUNG CANCER, IS CAUSED BY SMOKING.

CANCER PREVENTION DIET PROFILE



Continue to have a high daily consumption of carotene-rich vegetables and fruits (those that are yellow or have dark green leaves). These are rich in Vitamin A.

Increase in consumption of mustard family vegetables such as cabbage, broccoli, cauliflower, and Brussels sprouts.

Continue your good practice of eating lots of fiber, especially cereals, whole-grain products, and fresh fruits and vegetables. You should have at least 5 “servings” of fruit and vegetables each day.

Increase your intake of citrus fruits such as oranges and grapefruits. Other foods high in vitamin C are strawberries, peppers, and broccoli.

Your intake of fat is low, which is good. Reduce animal fat in your diet (whole milk products, fat-marbled meats), and keep fried foods to a minimum.

Maintain a low intake of salt-cured, salt-pickled meats, and smoked foods. Limit your use of bacon, cold-cuts and sausage. Avoid frying or broiling smoked meats, since these preparations increase the cancer-producing properties of the preservatives.

Comment: The above recommendations may help to reduce your risk of cancer.

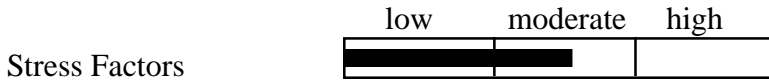
ABOUT 35% OF ALL CANCER IS DIET RELATED.

Follow the EARLY DETECTION EXAMINATION PROFILE SCHEDULE on page 13.

Stress

STRESS FACTORS

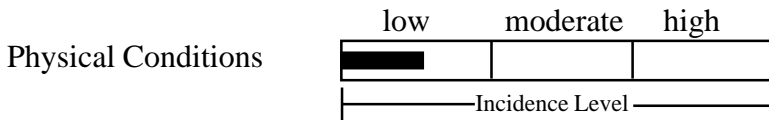
You were asked if you had any recent experiences that are usually considered “stressful”. These stress factors are normal occurrences that can happen to anybody. However, any one of them can cause real difficulty, and having two or more at the same time can cause serious problems.



Interpretation: You reported that you have recently experienced one of the stressful situations listed. It is often difficult to cope with problems that cause stress. If you feel overwhelmed, seek help from a family member or friend, or seek professional advice.

STRESS-RELATED PHYSICAL CONDITIONS

You were asked about your experience with some common stress related disorders. Your results are evaluated on the graph below.



Interpretation: Everyone experiences stress-related conditions occasionally. Your low score indicates that you are not experiencing many of the common conditions with any significant frequency. This is a good situation.

LOW BACK PAIN

Even though you presently report no back pain, it is important to develop and/or maintain habits for prevention. Consider implementing the suggestions below.

- * When you do flexibility exercise, concentrate on slow stretching of the muscles of your lower back and those at the back of your thighs.
- * You should begin exercising to improve abdominal muscle tone. Curl-ups are good for this. It is not necessary to do a full sit-up.

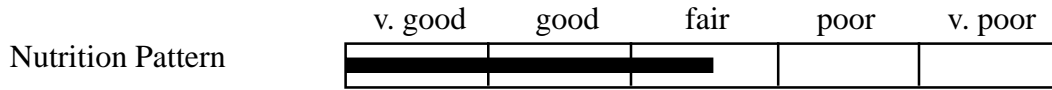
FEELINGS OF STRESS

You answered that you rarely feel “really stressed” or angry. In most cases, this is good. It usually means that you are in control of your life, and are able to handle the day-to-day problems that arise. Continue to keep a positive outlook and keep things in perspective.

Nutrition

NUTRITION PATTERN

Based on the selections from the five food groups, your nutrition pattern was reported to be fair. For more information go to www.mypyramid.gov.



Your nutrition pattern reveals that your diet is not quite balanced.

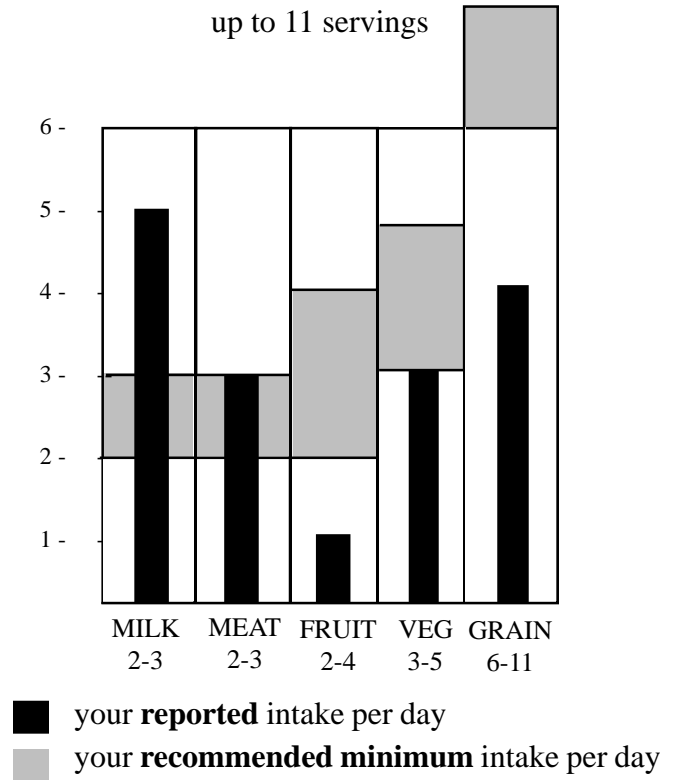
You seem to consume adequate amounts of food from the following groups:

- milk, yogurt, cheese
- meat, fish, poultry, dry beans, eggs, nuts
- vegetables

You seem to consume inadequate amounts of food from the following groups:

- fruits
- bread, cereal, pasta, rice

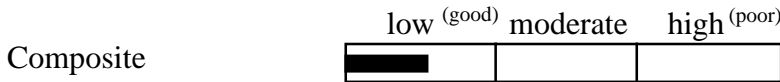
This means you may be getting an inadequate supply of vitamin A, B vitamins, **calcium**, iron, carbohydrate, vitamin C and fiber.



The chart compares your diet to recommendations made by the USDA's Food Guide Pyramid.

Nutrition (cont.)

DIETARY SUBSTANCES



Sugar

* You currently report a low use of sugar in your diet. This is good practice.

Salt

- * do not use salt in cooking or at the table
- * use herbs and spices instead of salt
- * limit your use of canned vegetables and vegetables that are frozen with sauces
- * avoid processed foods

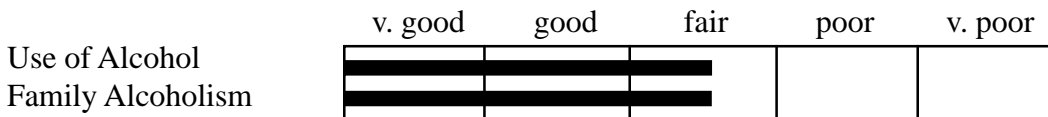
Fat

* You currently report a low use of fats in your diet. This is a good practice.

Caffeine

* You currently report a low use of caffeine in your diet. This is a good practice.

Comment: Try to keep your use of these substances to a minimum.

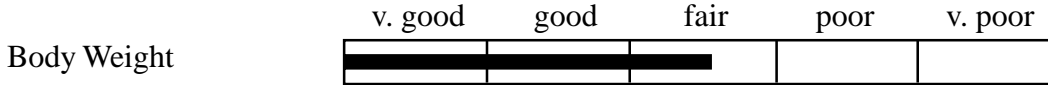


Alcohol: An ounce of alcohol contains about 150 non-nutritive calories. Based on 21 drinks, you consume 3150 “empty” calories/week. Medical research shows that a consistent intake of 4 or more ounces of alcohol per day will eventually damage the liver and other organs.

Calorie Balance

BODY WEIGHT

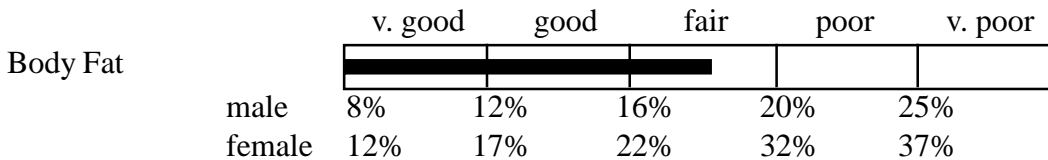
Your reported height is 74 inches.
Your reported body weight is 215 pounds.
Your GOOD WEIGHT RANGE is 192 to 210 pounds.



Interpretation: Your body weight is presently above your “Good Weight Range”. The reason is that the proportion of your total weight that is fat tissue weight is higher than desirable. Please refer to your personal **Weight Control Program** below for information on how to lose weight.

BODY COMPOSITION

Your present lean weight is 177 pounds (approx)
Your present fat weight is 38 pounds (approx)
Your present body fat is 18 % (approx)



Interpretation: Your percent body fat is presently a little high. You can lose body fat through a program of aerobic exercise and/or diet. Remember to consult with your physician before changing or starting an exercise routine.

WEIGHT CONTROL PROGRAM

Your Recommended

Daily Caloric Intake is: 2725 - 3370 Calories (approximate)
Daily Caloric Output is: 3225 - 3870 Calories (approximate)

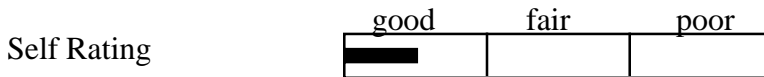
Based upon your data, you need to lose about 5 pounds of fat if you are to be within your Good Weight Range and achieve a good level of percent body fat. We recommend that you expend a minimum of 500 calories more per day than you take in. This allows you to lose one pound of fat per week (approximately). In 5 weeks you should reach your Good Weight Range.

We suggest a caloric output of about 3225 - 3870 calories per day. Therefore, a caloric intake of about 2725 - 3370 would yield a steady weight loss at a reasonable pace. A CAUTION: We do NOT recommend a daily caloric intake of less than 1000 calories unless you are under the direct care of a doctor, and he or she approves it.

Exercise and Fitness

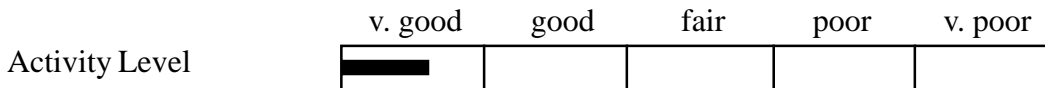
FITNESS FACTORS

You rated your Physical Fitness level to be good.



ACTIVITY LEVEL

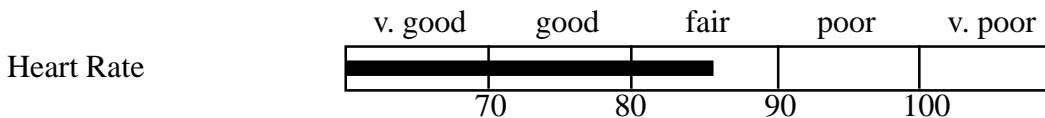
In addition to information about your exercise training program (flexibility, strength and endurance, and aerobics) you were asked about your general level of physical activity.



Interpretation: Your responses suggest a vigorous physical activity level. That is good. A balanced diet and a proper exercise/activity program are really the keys to wellness and a good quality of life.

HEART RATE

Your Resting Heart Rate was reported to be 84 beats per minute.



Heart Rate: Your resting heart rate is a little faster than average. You may, over time, be able to lower it through participation in regular program of aerobic conditioning.

Training Heart Rate: The heart rate can be used to monitor how hard you are exercising aerobically. There is a range of heart rate that is needed to achieve a training benefit. This is call the “Heart Rate Training Zone”.

Your Maximum Heart Rate is 159 beats per minute.

Your Training Heart Rate Zone is 111 - 135 beats per minute.

Aerobic benefits can be achieved by exercising with your heart rate within this zone. Beginning exercisers should start their program at the lower end zone. Discuss Training Heart Rate with your doctor or fitness trainer.

Everyone should have a medical check-up before beginning any new or upgraded exercise program. This is especially important to individuals with a history of heart attack, stroke, high blood pressure, diabetes, or physical disability, or those who are significantly overweight.

WAIST/HIP RATIO

You measured your waist to be **40.00** inches.

You measured your hip to be **44.00** inches.

You measured your hip ratio is **0.91**.

It has been known for a long time that obesity is a contributing factor to heart disease. Recently, there have been indications that the distribution of fat on the body may even be more important than the overall amount of fat with regard to cardiovascular disease. Waist-to-hip ratios larger than 1.0 in men and larger than 0.8 in women reflect a fat distribution that seems to be a contributing factor in heart disease. Ratios can be reduced by losing weight through a program of exercise and diet. Although being “pear”-shaped may be better than being “apple”-shaped, being neither (that is, being trim) is best.

Exercise and Fitness (cont.)

FITNESS TRAINING

The human body is kept in good condition through sound dietary habits and exercise patterns. Muscles and organs become less efficient through disuse. Therefore, a program of **regular** exercise is necessary to function efficiently. The American Heart Association has determined that a sedentary lifestyle (no exercise) is a major health risk factor. Even mild exercise, such as walking 20-30 minutes a day, can make a big difference in your health. A few training guidelines are suggested below.

It is important for all balanced fitness programs to include exercises for flexibility, muscle strength and endurance and aerobic fitness.

Since you reported that you do not have any physical handicap or disability, you may be able to engage in progressively more challenging fitness training programs. Everyone should have a medical check-up before beginning a new or upgraded exercise program.

	v. good	good	fair	poor	v. poor
Flexibility Training	██████				
Muscle S&E Training	████████████████████	████████████████████	████████████████████	████████████████████	████████████████████
Aerobic Training	████████████████████	████████████████████	████████████████████		

Flexibility Training: The flexibility program you currently report is excellent. After four weeks of such a program you should have lasting changes that can help you feel better.

Muscle Strength & Endurance Training: You currently report that you almost never do exercise specifically to improve muscle strength and endurance. This type of exercise improves muscle tone, posture, and helps to prevent low back pain and fatigue. However, since you do aerobic exercise, you are getting some improved muscle tone, especially in your lower body. We suggest 3-4 days per week; moderate or strong effort; 30 minutes or more per session. It may take some time to work up to this.

Aerobic Training: Although you may get a great deal of pleasure and relaxation from the time you spend in aerobic activity (and that is important), your current reported program will not provide cardiovascular benefits or contribute much to weight control. You should increase the frequency of exercise to at least three times a week, and the intensity to a moderate or fast pace (60% - 85% of your maximum heart rate). It is best to exercise for 30 minutes or more, including warm-up and cool-down. It may take a while to work up to this schedule.

Note: Many exercise experts suggest that a good, balanced program is: every other day (three days a week) do your aerobic exercise, and on alternate days (also three days a week) work on your muscle strength and endurance routines. Do warm-up and flexibility exercise before both aerobic and endurance activities. Rest on the seventh day. There are many good books available at public libraries and bookstores that provide detailed exercise information. However, before you begin a new program or upgrade an existing exercise program, you should consult with your physician.

Personal Safety, Exams and Health History

YOU AND YOUR PERSONAL SAFETY HABITS

The two most important rules in motor vehicle safety are:

- 1. Wear your seatbelt.** When you wear a seat belt (including the shoulder strap) you decrease your risk of serious injury or death by almost 60%. You should “buckle-up” in both the front and back seats.
- 2. Don’t drink and drive.** Even in small amounts, alcohol slows your reaction time and impairs your coordination. If you drink and drive, you not only increase your own risk of having an accident, but you are also at greater risk of killing or injuring others.

Motor Vehicle Safety Habits

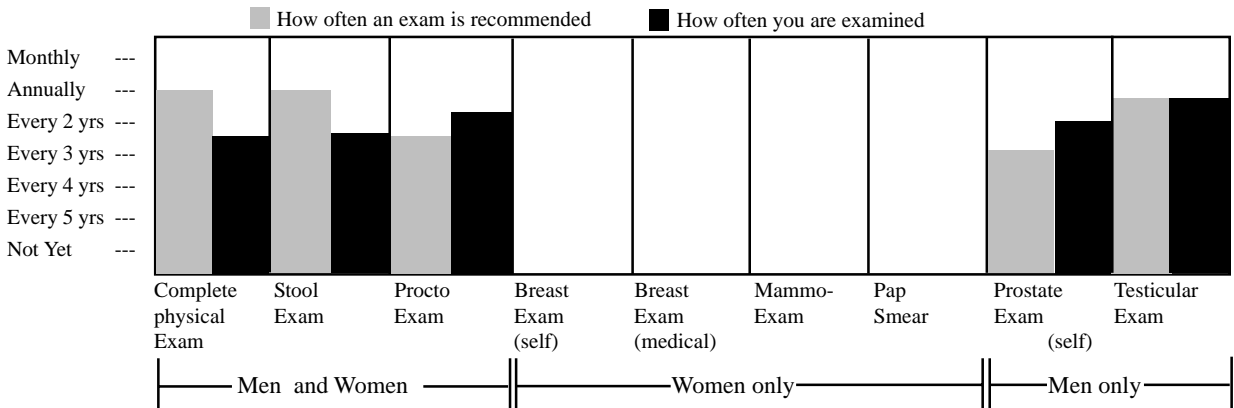
	No	Yes
Drink alcoholic beverages and drive		
Use of seatbelt less than 100%		

Home Safety

	No	Yes
Smoke alarms		
Fire extinguisher		

EARLY DETECTION EXAMINATION PROFILE

This chart provides recommendations, based on your age and sex, for frequency of medical examinations when no symptoms are present. They are minimal early detection procedures. You may need more frequent and/or additional examinations.



PERSONAL HEALTH HISTORY

You reported a personal history for:

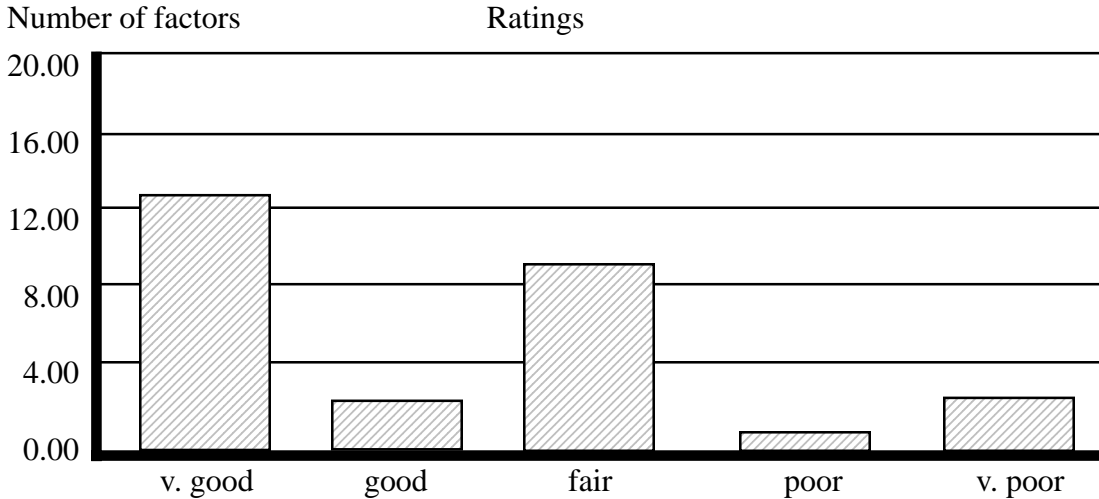
Diabetes: Exercise affects insulin. Ask your doctor about exercise.

Take Charge

You are encouraged to use the following summary of health factors to help you begin your action plan.

You rated your health to be very good. Look at the chart below. It displays the ratings of the health factors from your Report that can be modified through changes in lifestyle. Does it match what you thought about yourself?

Distribution of Health Factor Ratings



Box A: The following factors presently contribute **positively** to your health. They are rated **very good** and **good** in your Report. You need to work to maintain these good factors.

Former smoking habit	Carotene-rich foods	Salt/smoked/char food
HDL cholesterol	Physical conditions	Tobacco use
TC/HDL ratio	Sugar use	Total fat intake
Triglycerides	Saturated fat intake	Fiber Intake
Blood sugar	Flexibility training	Caffeine use

Box B: The following factors presently contribute **negatively** to your health. They are rated **fair** - **very poor** in your Report. You need to work at improving these factors.

Blood pressure	Vitamin C foods	Body weight
Total cholesterol(TC)	Nutrition pattern	% Body fat
Diabetes history	Salt use	Heart rate
Cabbage family vegs.	Alcohol use	Musc. S/E training

A healthy lifestyle will help you add years to your life...and life and quality to your years. Please Note: this is **not** a “dress rehearsal”: this **is** your life. **TAKE CHARGE NOW!**

CIRCULATORY SYSTEM RISK FACTORS

Especially Heart Disease and Stroke

Lifestyle Behaviors

	v. good	good	fair	poor	v. poor
Cigarette Smoking	██████████				
Alcohol Use		██████████			
Saturated Fat	██████████				
Grains and Products	██████████				
Fruits		██████████			
Vegetables	██████████				
Physical Activity	██████████				

Medical Indicators

	v. good	good	fair	poor	v. poor
Coronary Health Score	██████████				
Total Cholesterol		██████████			
HDL Cholesterol	██████████				
TC/HDL Ratio	██████████				
Triglycerides		██████████			
Blood Sugar	██████████				
Systolic BP		██████████			
Diastolic BP		██████████			
Personal Diabetes Hist.				██████████	██████████
Body Fat %		██████████			
Body Weight		██████████			
Hip/Waist Ratio		██████████			

Family History

	v. good	good	fair	poor	v. poor
Heart Attack		██████████			
Abdominal Aneurysm		██████████			
Stroke	██████████				
High Blood Pressure		██████████			
Diabetes		██████████			
Alcoholism		██████████			
Depression	██████████				

CANCER RISK FACTORS

Lifestyle Behaviors

	v. good	good	fair	poor	v. poor
Cigarette Smoking	██████████				
Cigar/Pipe Smoking	██████████				
Smokeless Tobacco	██████████				
Alcohol Use		██████████			
Dietary Fat	██████████				
Carotene/Vitamin A	██████████				
Vitamin C		██████████			
Cabbage Family Veg.		██████████			
Fiber (grain/fruit/veg)	██████████				
Salt/Smoked/Charbroil	██████████				
Ultra Violet Light		██████████			
Physical Activity	██████████				
Family History/Cancer		██████████			