



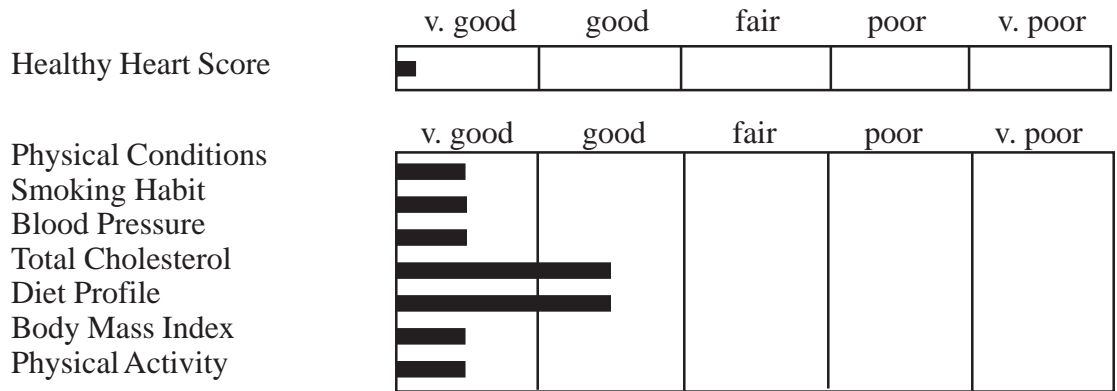
HEALTHY HEART PROFILE

Age: 45 years  
Sex: male

Here is your Healthy Heart Report. It includes information about your lifestyle habits that have an effect on your health right now as well as in the years to come. We hope that as you read your report, you will come to realize that you can do many things to better your heart health and to increase your sense of well-being.

**BIOMETRIC PROFILE**

Your Healthy Heart Profile displays an evaluation of your health heart practices compared to those that would lead to optimal health. The goal is to move all the bars to the left toward the “very good” and “good” evaluations.



**HEART HEALTH HISTORY**

When there is a family history of any disease, it suggests there is a disposition to that disease in the family. It does not mean that everyone in the family will develop that disease. It does mean that family members should take extra precautions to prevent that disease.



**STRESS-RELATED PHYSICAL CONDITIONS**

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



Recommendation: 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 good. However, it is normal for stressful situations to arise from time to time. Try to be prepared: have a plan of action thought out and develop a good support system.

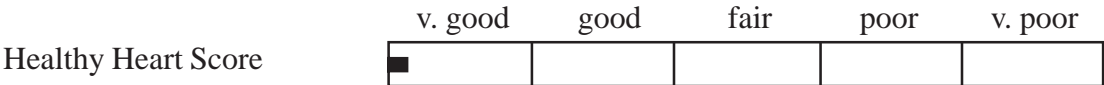


# Personal Health Assessment

## HEALTHY HEART SCORE

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Your HEALTHY HEART SCORE is computed to be 90.



**Recommendation:** Your Healthy Heart Score is in the “very good” range, which suggests that you have a low probability of any coronary or stroke problems in the next few years. The contribution of the individual risk health factors to the total score varies, and is displayed in the next few pages.

**DATA:** Your data for the Healthy Heart Score are:

Age	45	Blood Pressure	good
Sex	male	Cholesterol (TC)	good
Smoke Cigarettes	no	Diet - Fiber	high (good)
Diabetes History	no	Diet - Fat	moderate (fair)
Personal *Heart History	good	Body Mass Index	21.81 (v. good)
Family *Heart History	good	Physical Activity	v. good
Physical Conditions	low (good)		

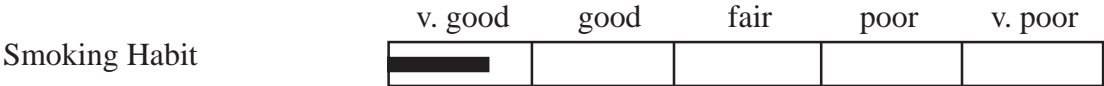
YOU CAN INFLUENCE EVERY FACTOR EXCEPT AGE AND SEX.

\* Heart History includes numerous diseases of the heart and or blood vessels, such as heart attack, agina, stroke, etc.

## SMOKING HABIT

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



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

## BLOOD PRESSURE

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**Recommendation:** Your blood pressure is currently within a normal, healthy range. However, you can develop high blood pressure without knowing it. If not treated, it could lead to a stroke or heart attack. To keep your blood pressure level in the normal range, maintain a healthy weight, cut down on salt intake, exercise regularly, manage your stress levels, and take your medication if prescribed by your doctor.



# Personal Health Assessment

## TOTAL CHOLESTEROL



**Recommendation:** Your cholesterol level is below 200 mg/dl which is desirable for optimal health. To maintain this healthy level, eat foods that are low in saturated fat and cholesterol. Have your blood cholesterol measured again within 5 years, or as recommended by your doctor. Try to maintain this level by choosing your foods wisely. Exercise regularly.

## DIET PROFILE

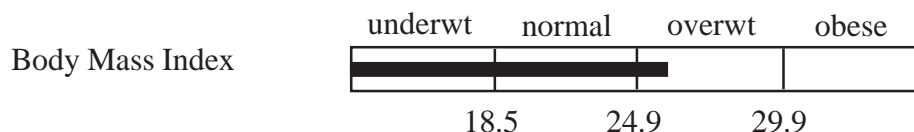


**Recommendation:** You should have at least 5 “servings” of fruit and vegetables each day, and 6 or more “servings” of grain products.



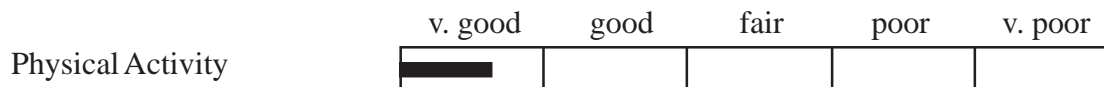
**Recommendation:** Keep your use of animal fats and fried foods in your diet to a minimum. These substances can build up in your arteries, causing heart attack and stroke.

## BODY MASS INDEX



**Interpretation:** Your calculated Body Mass Index shows that you are overweight. Unless you are a well-muscled person, your percent of body fat may be too high. If so, a balanced diet and exercise program can help you achieve a BMI closer to normal.

## PHYSICAL ACTIVITY



**Recommendation:** You indicated that you walk (or an equivalent physical activity) for at least 20 minutes, 6 or 7 times a week. Good. Exercise is important to your health.

## TAKE CHARGE

Use this Healthy Heart Report and its related suggestions to begin making healthy changes in your lifestyle. By improving your heart health you can reduce your risk of heart disease. **TAKE CHARGE NOW!!!**