



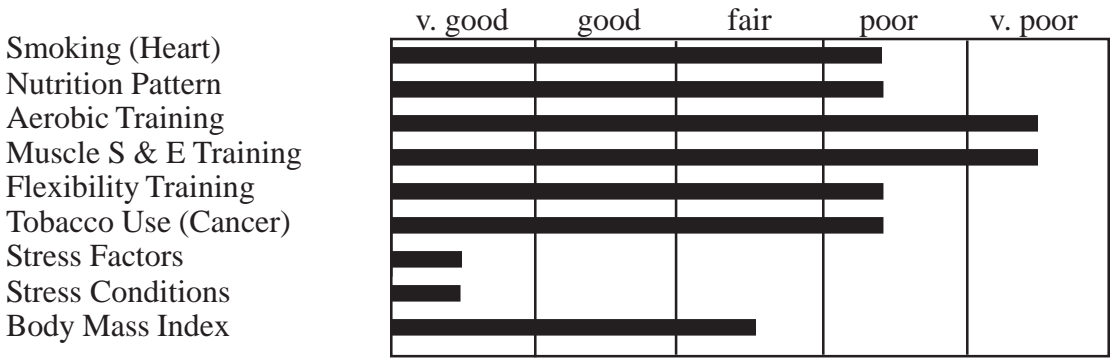
LIFESTYLE PROFILE

Age: **52** years  
 Sex: **female**

Here is your Personal Health 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 improve your health and fitness and to increase your sense of well-being.

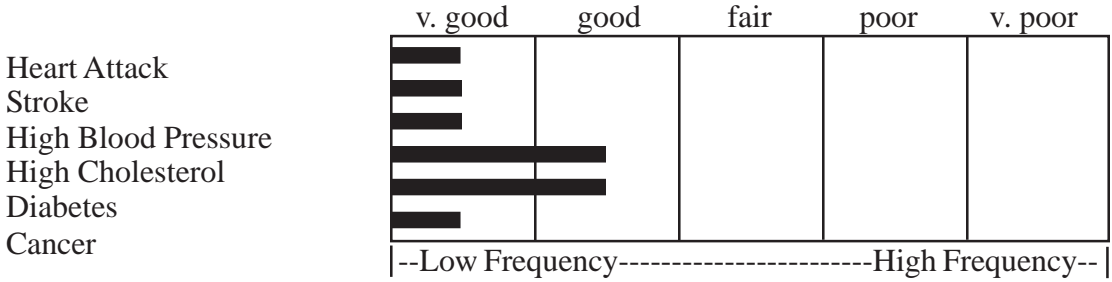
**BIOMETRIC PROFILE**

Your Biometric Profile displays an evaluation of your lifestyle 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.



**FAMILY HEALTH HISTORY**

The graph below evaluates the frequency of each disease in your family. Generally, the higher the frequency, the greater the potential for inheriting these conditions.



**PERSONAL HISTORY OF CHRONIC DISEASE**

The recommendations given in this report can help you achieve and maintain optimal health.

You reported a personal history for:

High Blood Pressure:	Check your blood pressure regularly. Consult your doctor before beginning any diet or exercise program.
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# Personal Health Assessment

## PERSONAL SAFETY, EXAMS

### Motor Vehicle Safety Habits

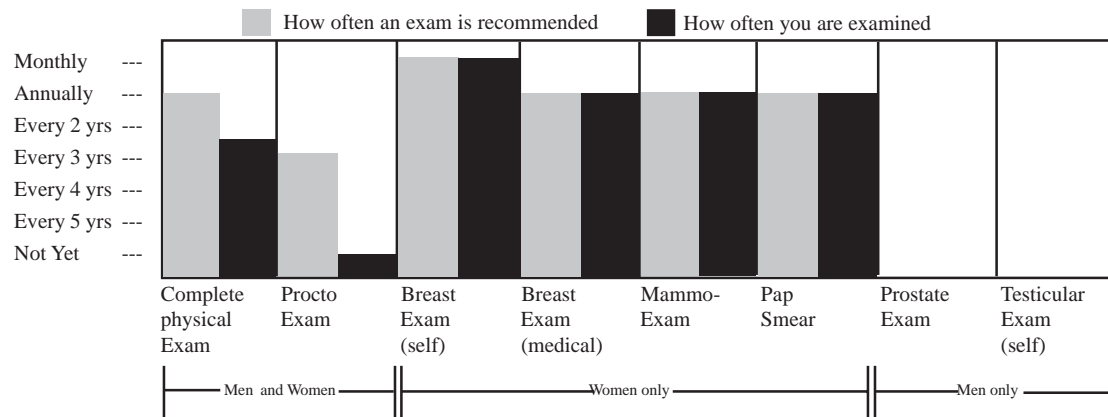
Drink alcoholic beverages and drive  No  Yes Don't drink and drive  
 Use of seatbelt less than 90%  No  Yes Buckle up all the time!

### Home Safety

Smoke alarms  No  Yes Check and maintain smoke alarms  
 Fire extinguisher  No  Yes Check monthly and maintain

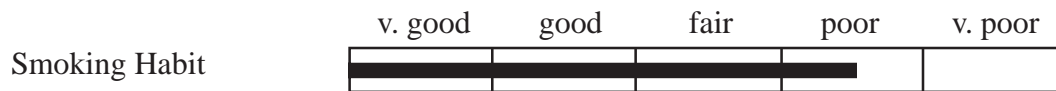
## EARLY DETECTION EXAMINATION PROFILE

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. Check with your doctor.



## CORONARY HEALTH

Your smoking habit is poor relative to heart health.



Cigarette smoking is one of the most significant factors in increased coronary risk. If you quit smoking, you can substantially and immediately improve your heart health and increase your life expectancy. It is recommended that you quit now.

You reported that saturated fat and cholesterol make up more than 10% of your total diet. These substances can build up in your arteries, causing heart attack and stroke.

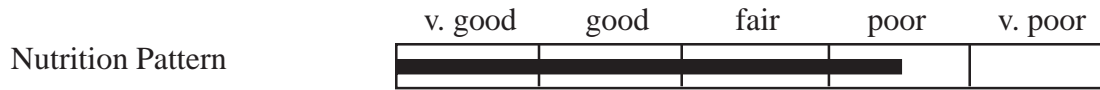
Consider having your blood pressure checked once or twice a year.



# Personal Health Assessment

## NUTRITION PATTERN

Based on the selections from the five food groups, your nutrition pattern was poor. For more information go to [www.mypyramid.gov](http://www.mypyramid.gov).



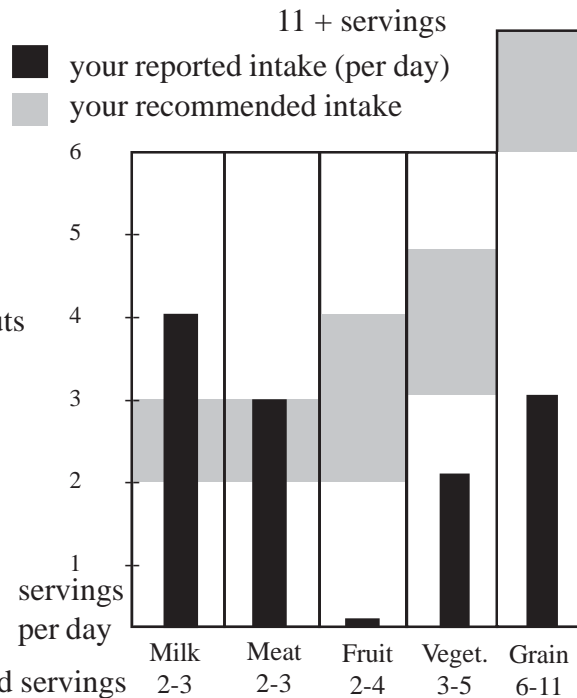
Your nutrition pattern reveals that you are eating a poorly balanced diet.

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

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

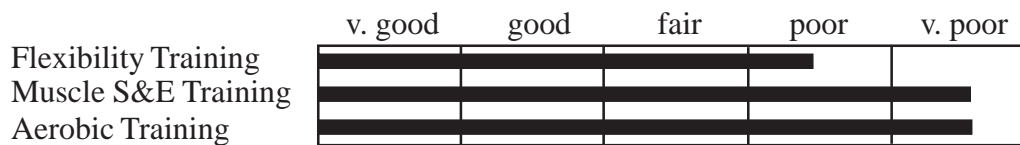
You seem to consume inadequate amounts of food from the following groups:

- fruits
- bread, cereal, pasta, rice
- vegetables



## FITNESS TRAINING

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



**Flexibility Training:** Although you currently do some flexibility exercise, the frequency of your program is not enough to provide lasting benefits. Consider increasing your program to at least 5-7 times/week.

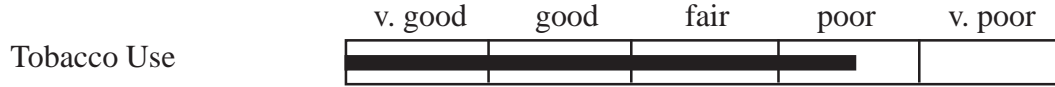
**Muscle Strength & Endurance Training:** You currently report that you almost never do exercise to improve muscle strength and endurance. This type of exercise improves muscle tone, posture, and helps to prevent low back pain and fatigue.

**Aerobic Training:** You currently report that you almost never do aerobic exercise. There are so many benefits to this type of exercise - weight control, increased energy, stress release, better health - that it makes good sense to do it.



# Personal Health Assessment

## TOBACCO USE AND CANCER



It is recommended that you stop smoking now. Your habit significantly increases your risk of lung, oral and throat cancers.

## 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 did not indicate that you have experienced any of the stress factors listed. You are fortunate. 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.

### 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 current low score indicates that you are not experiencing many of the common conditions with any significant frequency. This is good.

## BACK CARE

**Discomfort/Pain in Back:** You have experienced back pain or discomfort a few time in the past. If this occurs again and you are concerned, call your doctor.

**Sitting or Lifting:** People who sit for long periods of time or regularly lift heavy objects often develop back problems. You reported that you frequently sit for long periods of time or lift heavy objects. These behaviors may increase your risk of developing back problems.

**Back Care Measures:** It is estimated that over 80% of all back problems do not require medical treatment. Proper back care measures can often prevent back problems from developing, and can be part of a rehabilitation program if they occur. Practice good posture and maintain good muscle tone through regular exercise. Your doctor can provide you with information on back care techniques.



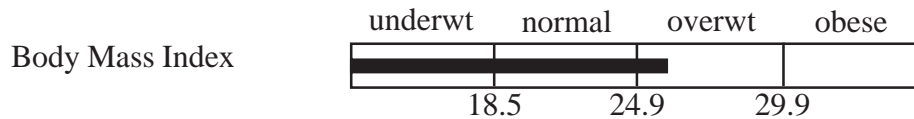
# Personal Health Assessment

## BODY MASS INDEX

Body Mass Index (BMI) is calculated using your height and weight. It tells you at a glance if you are overweight and if you may be at greater risk for chronic diseases associated with obesity.

BMI does not indicate your percentage of body fat, which is important, or how your body fat is distributed. If you are concerned about your weight and/or your muscle-to-fat relationship, ask your health care professional for additional information.

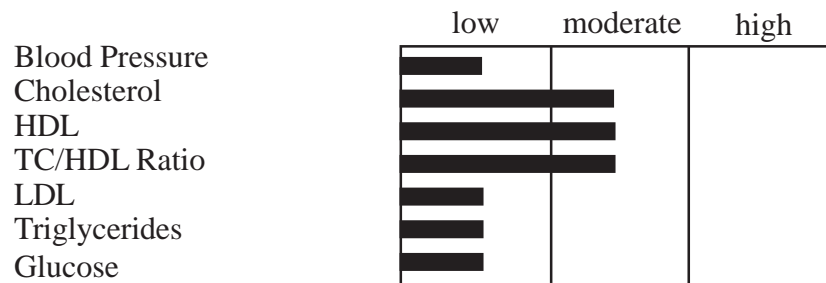
Your reported height: 62 inches  
 Your reported weight: 141 pounds  
 Your calculated BMI: 25.78



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.

## CLINICAL MEASURES

Based upon the information you provided, your clinical measures fell into the following risk categories.



Your lifestyle behaviors can significantly affect these values. A healthy diet and regular exercise can help improve and/or maintain your clinical values.

## TAKE CHARGE

You indicated that you'll be ready to work on the following issues within **30** days:  
 Diet and Nutrition, Weight Control and Back Care.

You indicated that you'll be ready to work on the following issues within **6** months:  
 Exercise Routine and Tobacco Use.

It is suggested that you start with one or two issues and take on more over time. A healthy lifestyle may help you add years to your life...and life and quality to your years. **TAKE CHARGE NOW!**