



Age: **46** years  
 Sex: **female**

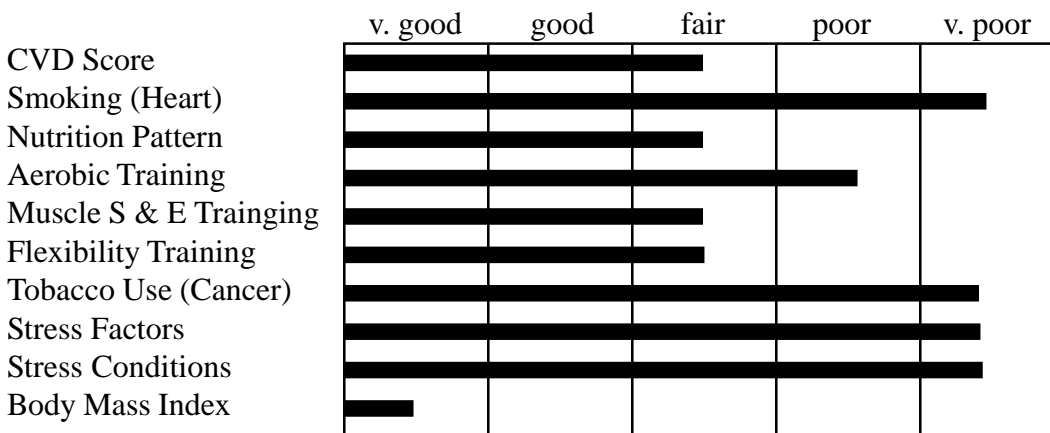
U. R. SAMPLE

Dear MS. SAMPLE,

Here is Your Personal Health Report. It includes information about your lifestyle habits that have an effect on your health. As you read your Report, you will realize that you can do things to improve your health and fitness and increase your sense of well-being now and in the years ahead.

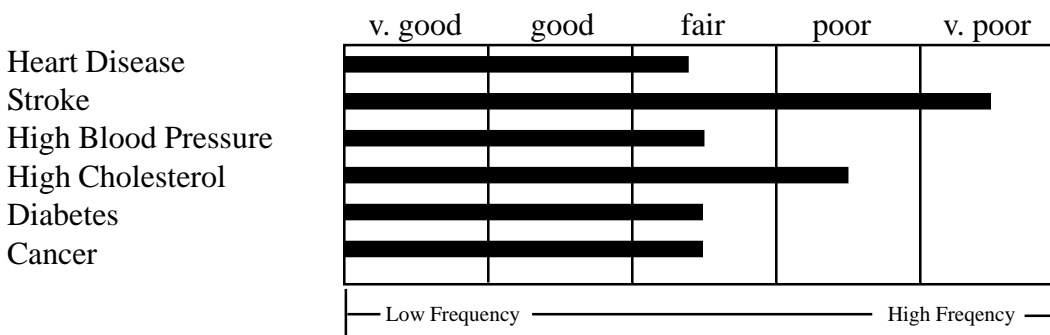
**BIOMETRIC PROFILE**

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, thereby reducing your risk of disease.



**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 SAFETY, EXAMS**

**Motor Vehicle Safety Habits**

Drink alcoholic beverages and drive  
Use of seatbelt less than 90%

No	Yes

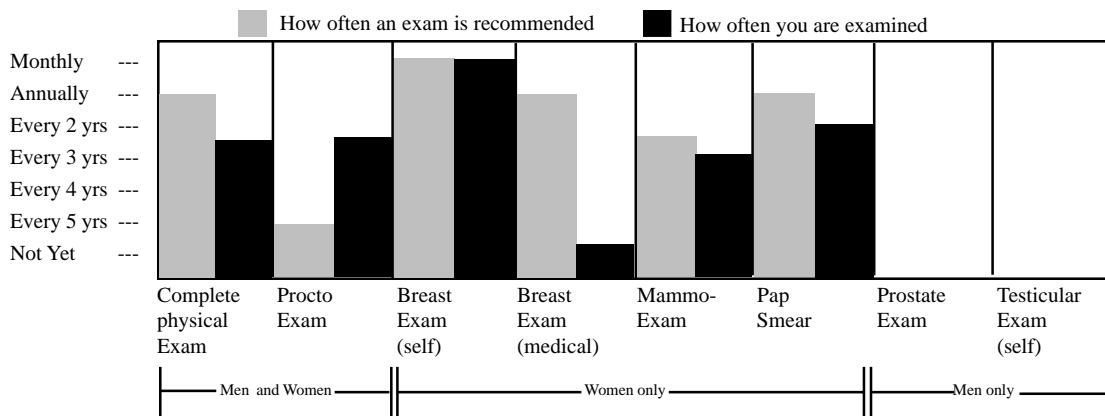
**Home Safety**

Smoke alarms  
Fire extinguisher

No	Yes

**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 regarding examination schedules appropriate for you.



**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:

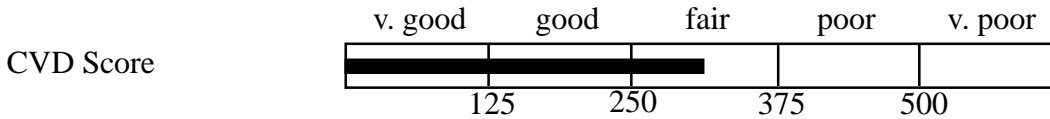
**Allergies:** Try to eliminate or reduce the circumstances that bring on your allergies or increase its symptoms.

## **C-V-D PREVENTION**

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### **CARDIOVASCULAR DISEASE (CVD) SCORE**

Your **CARDIOVASCULAR DISEASE SCORE** is computed to be 300.



**Interpretation:** Your Cardiovascular Disease Score suggests that you are at moderate risk regarding the probability of having coronary or stroke problems. 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 Cardiovascular Disease Factors, are:

Age	46	Blood Pressure	normal
Sex	f	Cholesterol (TC)	normal
Smoke Cigarettes	yes	Diet - Fat	low (good)
Diabetes History	no	Diet - Fiber	low (poor)
Personal *CVD Hist.	good	Body Mass Index	25.78 (fair)
Family *CVD Hist.	poor	Aerobic Activity	poor
Stress	good	Physical Activity	very good

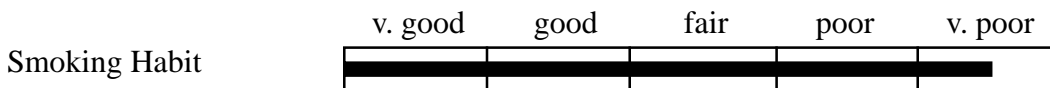
**YOU CAN INFLUENCE EVERY FACTOR EXCEPT AGE AND SEX.**

\* CVD includes numerous diseases of the heart and or blood vessels, such as heart attack, angina, stroke, etc.

### **SMOKING HABIT**

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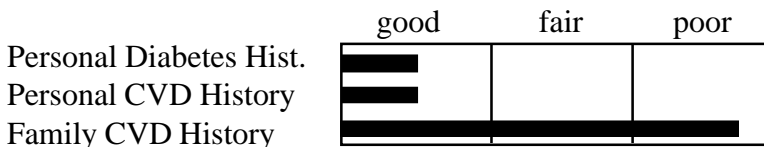
Your smoking habit is very poor relative to heart health.



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.

### **HEALTH HISTORY**

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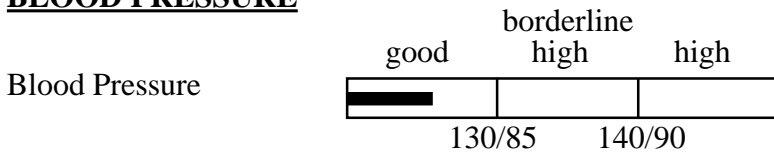


**Note:** When there is a family history of any disease, it suggests there is a disposition to that disease in the family. It does not mean that everyone in the family will develop that disease. It does mean that family members should take extra precautions to prevent that disease. If a disease is contracted, it is very important to work with your doctor to control (manage) that disease. Keep the damage to a minimum, keep quality of life high.

## C-V-D PREVENTION (Cont.)

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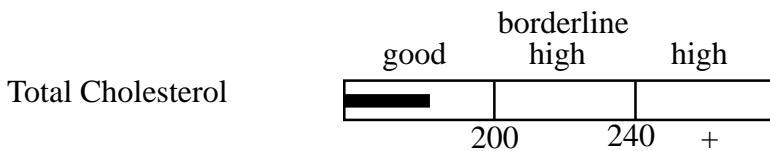
### BLOOD PRESSURE



Interpretation: 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.

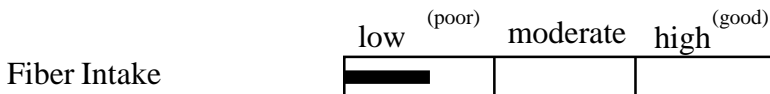
### CHOLESTEROL

Too much cholesterol in the blood can lead to heart disease. The National Cholesterol Education Program Expert Panel recommends a cholesterol level of less than 200 mg/dl for everyone. A level of 200 to 239 is considered “borderline high”, and any level 240 and above greatly increase your risk of heart disease and stroke.

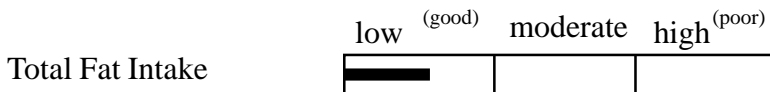


Interpretation: You reported that your cholesterol level is below 200 mg/dl which is desirable for optimal health. To maintain this healthy level, eat foods that are low in saturated fat and cholesterol. Have your blood cholesterol measured again within 5 years, or as recommended by your doctor. Try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

### DIET PROFILE

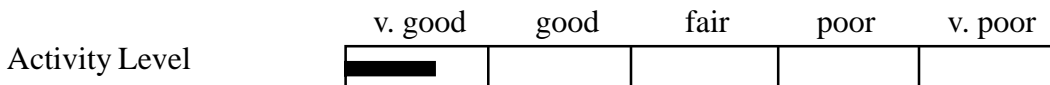


You should have at least 5 “servings” of fruit and vegetables each day, and 6 or more “servings” of grain products.



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.

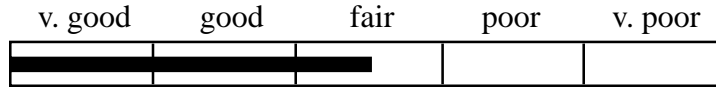
### PHYSICAL ACTIVITY



Being sedentary (physically inactive) is a serious risk factor that can lead to cardiovascular disease (CVD). Even a moderate exercise program can help prevent heart attack.

**NUTRITION PATTERN**

Based on the selections from the five food groups, your nutrition pattern was reported to be fair.



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

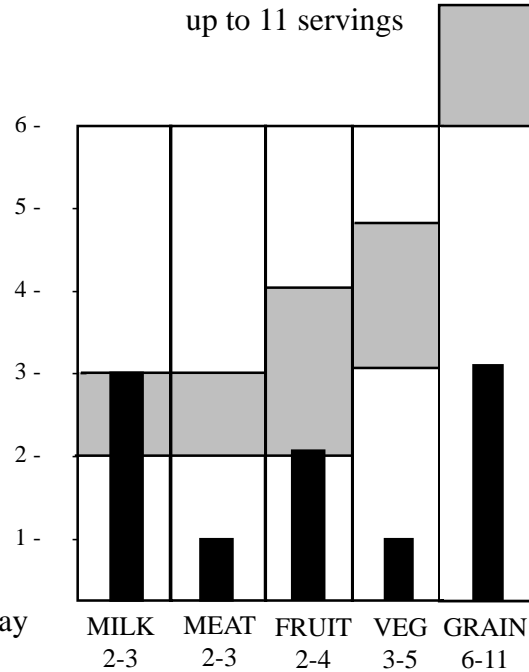
You seem to consume adequate amounts of food from the following groups:

- milk, yogurt, cheese
- fruits

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

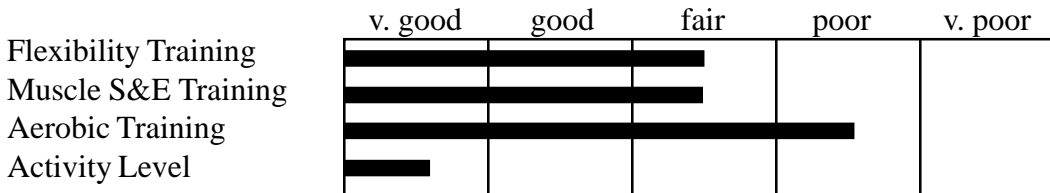
- meat, fish, poultry, dry beans, eggs, nuts
- vegetables
- bread, cereal, pasta, rice

reported servings per day  
 recommended servings per day



**FITNESS TRAINING**

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



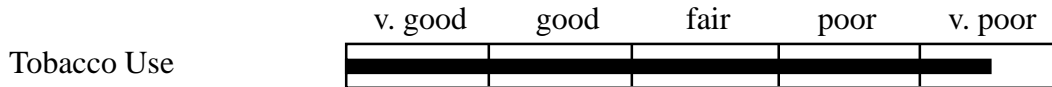
**Flexibility Training:** Although you currently do some flexibility exercise, the frequency of your program is not enough to provide lasting benefits. Consider increasing your program to at least 5-7 times/week.

**Muscle Strength & Endurance Training:** Although you currently do some exercise to improve muscle strength and endurance, the frequency of your program is not enough to provide fitness benefits. Consider increasing your program to at least 3 days per week.

**Aerobic Training:** Consider increasing 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).

## **TOBACCO USE AND CANCER**

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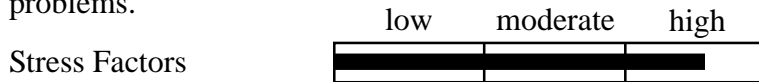
It is recommended that you stop smoking now. Your habit significantly increases your risk of lung, oral and throat cancers.

## **STRESS**

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### **STRESS FACTORS**

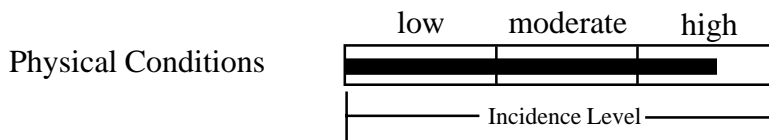
You were asked if you had any recent experiences that are usually considered “stressful.” These stress factors are normal occurrences that can happen to anybody. However, any one of them can cause difficulty, and having two or more at the same time can cause serious problems.



Interpretation: You have encountered more than one of the stressful situations listed. It is usually difficult to cope with a number of stressful factors at the same time. Seek help from family members and friends, and consider getting advice from clergy, counselors or other professionals.

### **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. More frequent symptoms, such as your constant nervous stomach and hives require attention. Your doctor could advise you regarding these conditions and any others that may occur with significant frequency. Learning a relaxation technique can be very helpful.

## **BACK CARE**

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**Discomfort/Pain in Back:** You have experienced back pain or discomfort a few times in the past. If this occurs again, consult 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 seldom sit for long periods of time or lift heavy objects on a regular basis. Therefore, you are at lower risk for having problems with your back.

**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.

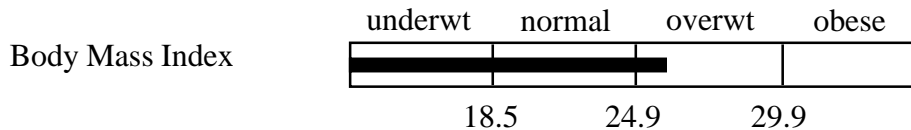
## **BODY MASS INDEX**

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Body Mass Index (BMI) is a value that 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.

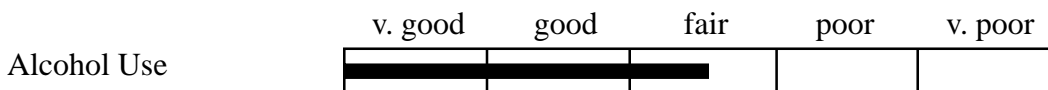
Your reported height: 62 inches  
Your reported weight: 141 pounds  
Your calculated BMI: 25.78



**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.

## **ALCOHOL USE**

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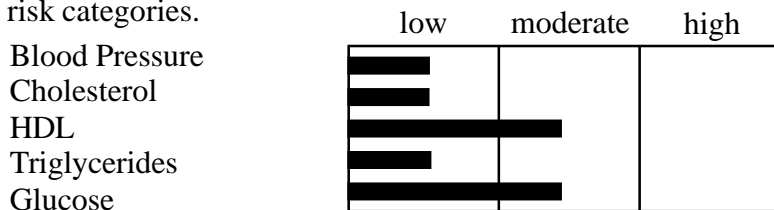
**Interpretation:** An ounce of alcohol contains about 150 non-nutritive “empty” calories.

Medical research shows that a consistent intake of 4 or more ounces of alcohol per day will eventually damage the liver and other organs.

## **CLINICAL MEASURES**

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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**

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You indicated that you'll be ready to work on the following issues in 30 days or less:

Diet and Nutrition, Weight Control and Stress/Depression.

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!**