

# Personal Wellness Profile - Overview

Sample Report

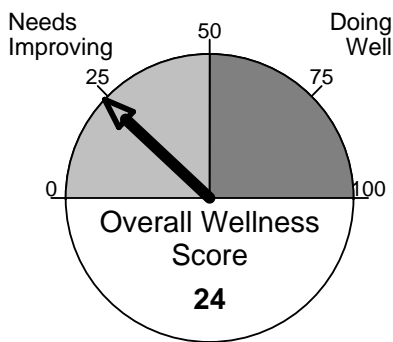
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## Wellness Scores

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.



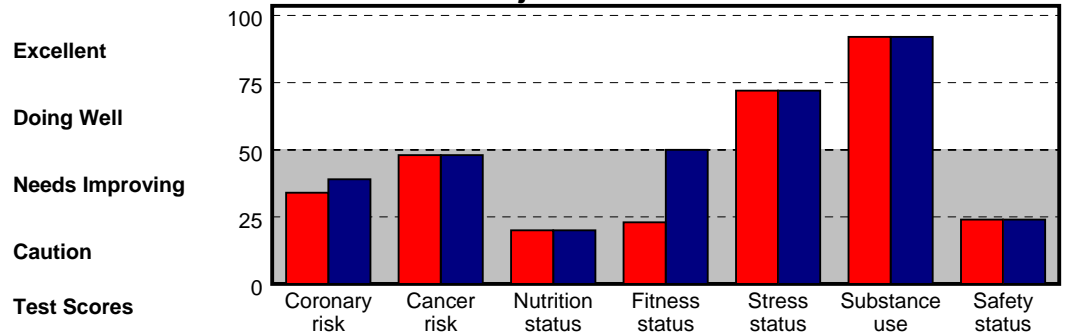
Your overall Wellness score is 24, "Caution." Your previous score was 21. You are making progress!

### Good Health Indicators:

7 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



Current	39*	48*	20*	50	72	92	24*
Previous	34	48	20	23	72	92	24

\* Needs improving

Previous 6/22/2012 Current 6/9/2013

## Recommendations for Improving Health

Your top five 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 Weight control** - 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 Good nutrition** - Good eating habits are basic to your health and can help prevent heart disease, high blood pressure, certain cancers, diabetes, and obesity. Eating healthy fats, along with an increase in fruits, vegetables, and whole grains, is best.
- 3 Cancer prevention** - Healthy eating, regular exercise, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Have regular medical checkups and avoid smoking and other cancer-causing behaviors.
- 4 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.
- 5 Improving safety** - Reduce your risk of injury by taking reasonable safety precautions in your home, at work, and while driving. With some preplanning, most accidents are preventable.

# Fitness - Overview

## Understanding Your Fitness Report

This report will help you understand

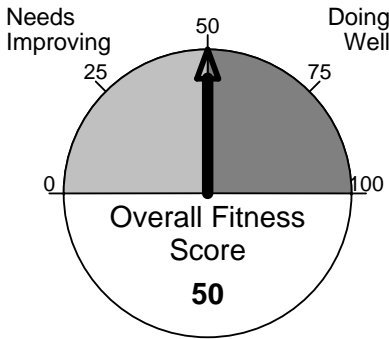
- How fit you currently are
- What areas may need improving
- How best to improve your fitness level

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%.

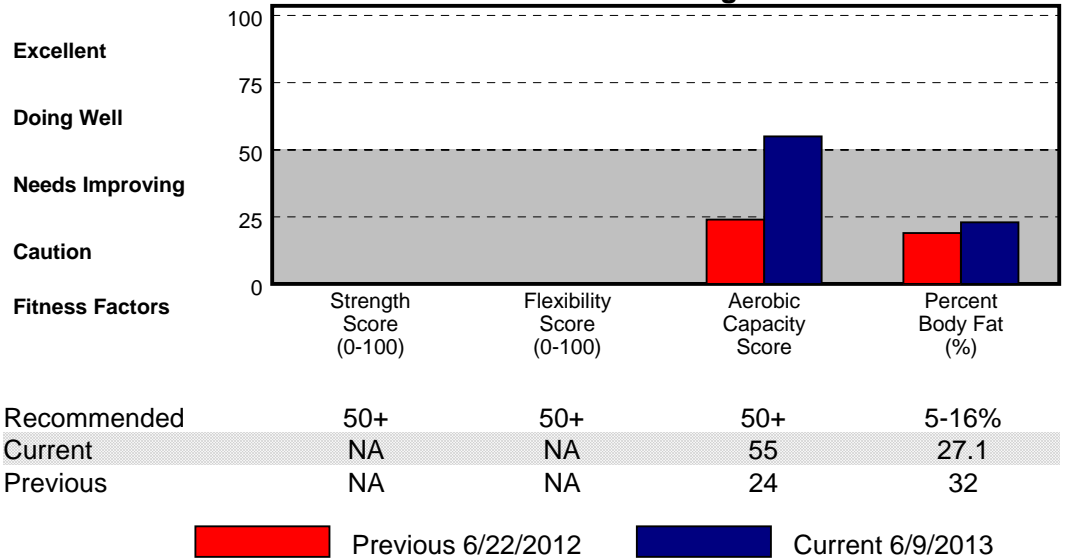


### Fitness Rating Scale

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

Your current overall fitness score is 50, "Doing Well."  
Your previous score was 23.  
You are making good progress!

## Fitness Rating



## Recommendations for Improving Fitness

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 fitness trainer, health professional, or your doctor.

- ✓ **Abdominal strength/endurance** is important for maintaining good posture and protecting the back from strain or injury. Include 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. Without regular exercise they tend to atrophy (weaken). Do more strengthening exercises.
- ✓ **Flexibility** is important in maintaining full range of motion in joints and for preventing pulled muscles and injuries. Your results indicate a need for more stretching exercises in your fitness program.

**Aerobic capacity** is a measure of cardiovascular fitness. Maintaining a healthy heart and lungs decreases risk of heart disease and increases longevity. Maintain cardiovascular fitness with regular aerobic exercises.

- ✓ **Excess body fat** adversely affects health, increasing risk for high blood pressure, heart disease, stroke, diabetes, obesity, and cancer. Dieting doesn't work. Follow a program of regular physical activity (30+ minutes per day), healthful meals, and avoid eating heavy meals late in the day.

**Caution** - If you have any health problem, talk to your doctor **before** increasing your physical activity.

# Fitness - Exercise Guidelines

Sample Report

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## Muscle Strength and Endurance

Doing Well  Needs Improving

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.

## Flexibility

Doing Well  Needs Improving

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.

## Body Composition

Doing Well  Needs Improving

Maintaining a healthy weight (desirable body fat level) is important for fitness and health. To keep body fat levels low, follow a healthy lifestyle throughout your lifetime: low-fat, healthy eating plus regular physical activity. Burning at least 1,000 calories each week in aerobic exercise is needed to maintain a healthy body fat level.

**Percent body fat:** 27.1 % of your total weight is from fat. 8 to 16% body fat is recommended for good health.

**Your recommended weight** is 206 - 226. This is based on a percent body fat of 8 - 16% and your lean body weight remaining the same.

**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. Your waist girth (40 in.) is in the desirable range.

# Fitness - Aerobic Exercise Guidelines

Sample Report

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## Aerobic or Cardiovascular Fitness

Doing Well Needs Improving



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 116-146

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.

Aerobic Activity	Minutes of continuous, activity to = 1 aerobic mile		
	Easy pace	Moderate pace	Vigorous pace
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 206 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.

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

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

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

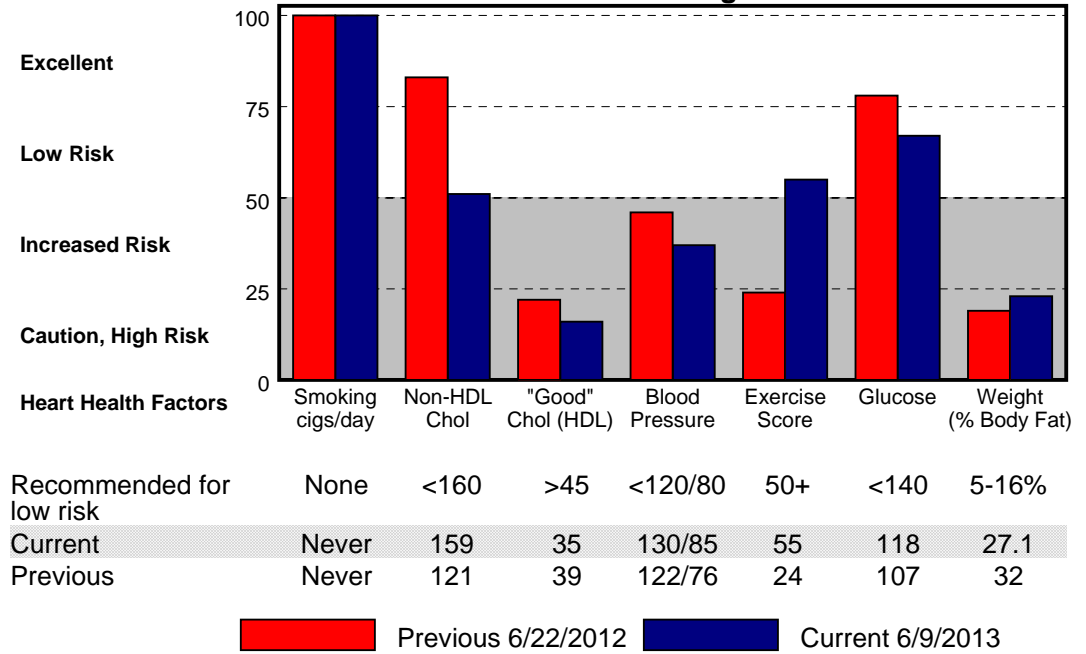
# Heart Health - Overview

## 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.

Heart Health Rating Scale

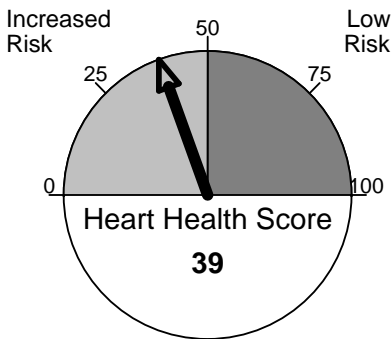


Heart Health Factors	Smoking cigs/day	Non-HDL Chol	"Good" Chol (HDL)	Blood Pressure	Exercise Score	Glucose	Weight (% Body Fat)
Recommended for low risk	None	<160	>45	<120/80	50+	<140	5-16%
Current	Never	159	35	130/85	55	118	27.1
Previous	Never	121	39	122/76	24	107	32

Previous 6/22/2012 Current 6/9/2013

## 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 39, "Increased Risk." Your previous score was 34. You are making good progress!

## Heart Health Factors

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

- Personal history** of heart or circulatory problem or diabetes.
- 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.
- ✓ **Elevated blood pressure** - A pressure of 120/80 or higher (either number) is elevated.
- ✓ **High non-HDL cholesterol** - A non-HDL cholesterol of 160+ indicates risk. Non-HDL cholesterol is calculated as the difference between total cholesterol and HDL. (Your total cholesterol = 194.)
- ✓ **Low HDL** ("good" cholesterol) - An HDL less than 45 indicates risk.
- Elevated blood sugar** - Non-fasting glucose level is normal (less than 140).
- Sedentary** - Inactivity is a risk. Be active 30 minutes, most days.
- ✓ **Weight** - Your percentage of body fat of 27.1% is outside the desired range.

# Heart Health - Blood Tests

Sample Report

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## Cholesterol Level

Doing Well  Needs Improving

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 puts you at risk. Reduce your risk by lowering LDL and raising HDL levels.

Blood Test Results and Risk Status				
	Your Results	Desirable	Borderline	High Risk
Total cholesterol	194 mg/dl	less than 200	200 - 239	240+
LDL cholesterol	NA	less than 130	130 - 159	160+
HDL cholesterol	35 mg/dl	45 or more	less than 45	less than 40
Risk ratio	5.5	less than 4.0	4.0 - 4.9	5.0+
Triglycerides	NA	less than 150	150 - 199	200+
Glucose (non-fast)	118 mg/dl	less than 140	140 - 199	200+

### 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: 118 mg/dl

Doing Well  Needs Improving

A non-fasting blood glucose level of 140 or above may indicate a glucose tolerance problem, increasing your risk of diabetes. A non-fasting glucose level of 200+ indicates high risk. Your glucose level is within recommended levels.

### 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

Sample Report

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## Smoking

Your results: Never

Doing Well  Needs Improving

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:

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

## Blood Pressure

Your results: 130/85

Doing Well  Needs Improving

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:

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

## Physical Activity

Your results: Score - 55

Doing Well  Needs Improving

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.

**Note:** Get a doctor's guidance first if health problems exist.

## Percent Body Fat

Your results: 27.1%

Doing Well  Needs Improving

Excess body fat increases coronary risk by raising blood pressure and cholesterol levels and increasing the tendency for diabetes. Maintaining a healthy fat level is protective to the heart and arteries. Your percent body fat level is above the upper limit for good health. Losing excess fat could reduce your risk.

### How to lose weight:

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

# Nutrition - Overview

## Understanding Your Nutrition Report

The purpose of this report is to help you better understand

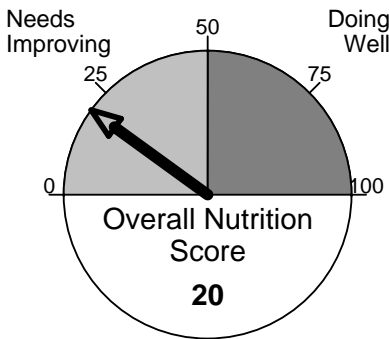
- Your current eating habits
- Any health risks caused by poor nutrition
- How you can improve your eating habits and your health

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

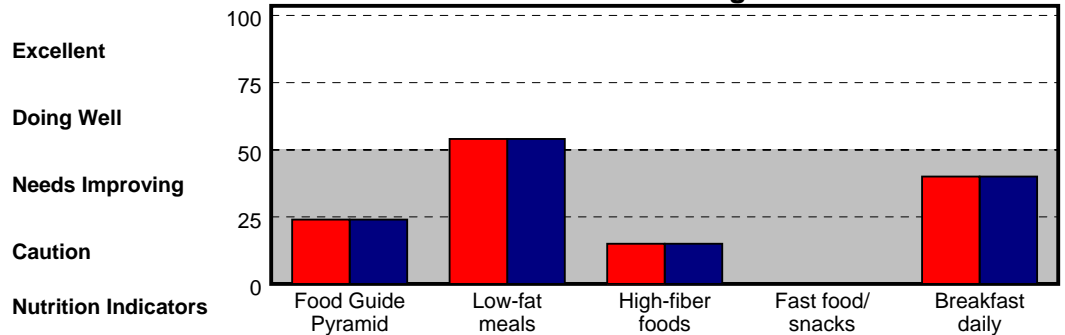
Your overall score is based on your current eating habits. A score over 50 is desirable.



Nutrition Rating Scale	
Excellent	75-100
Doing Well	50-74
Needs Improving	25-49
Caution	0-24

Your current overall nutrition score is 20, "Caution."

## Nutrition Rating



Current	24	54	15	0	40
Previous	24	54	15	0	40

Previous 6/22/2012 Current 6/9/2013

## 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.

- ✓ **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.

- ✓ **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** - Eat breakfast daily so your body and mind will 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. Limit typical 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

Sample Report

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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



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

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	0.0 serv/day	3-6+	2.0	1 C raw vegetables 1/2 C ckd or chopped 3/4 C veg. juice
Fruits	0.0 serv/day	3-5	1.0	1 medium fruit 1/2 C ckd or chopped 3/4 C fruit juice
Dairy/Calcium Foods	0.0 serv/day	2-3	1.3	1 C milk or yogurt 1.5 oz. natural cheese 2 oz. process cheese
Meat/Protein Foods/Legumes	0.0 serv/day	2-4	2.2	2-3 oz. cooked meat 1 egg, 3 oz. tofu 1 C ckd beans
Fats and Oils	0.0 serv/day	1-4	3.5	1T oil, trans-fat free marg, salad dressings
Sweets	0.0 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.

### Breads and Grains

Doing Well  Needs Improving

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

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

Fruits add flavor and variety to meals, are low in fat and calories, and protect against heart disease and cancer. Eat two to five servings daily, including fruits high in vitamin C (e.g., citrus, melons, berries).

### Dairy

Doing Well  Needs Improving

Choose calcium-rich foods like nonfat or low-fat milk, yogurt, or cheeses. If you don't drink milk, choose foods like high calcium veggies, soy products or supplements. Low calcium diets can contribute to weak, brittle bones. Two servings/day are recommended.

### Protein

Doing Well  Needs Improving

Eat two to three 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

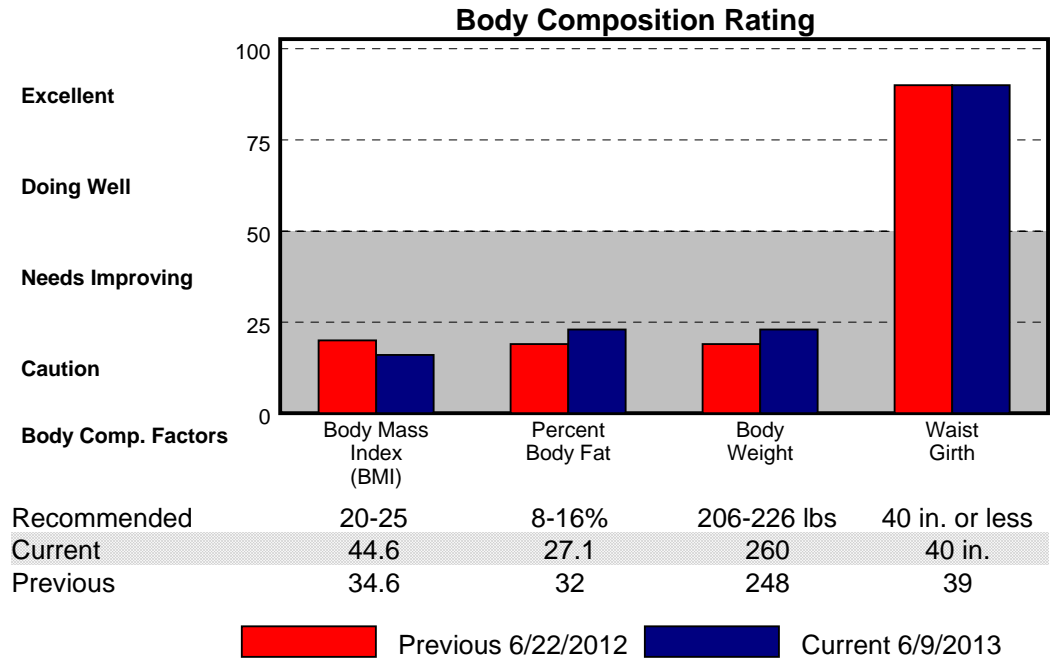
Congratulations! Continue to go easy on foods with added fats and sugar and rich desserts that are high in calories and low in nutrients. Eat sparingly of typical desserts (cookies, cake, pastry, pies, ice cream), especially if you are overweight. You can eat more low-calorie desserts: fruit salad, nonfat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

# Body Composition - Overview

## A Healthy Weight

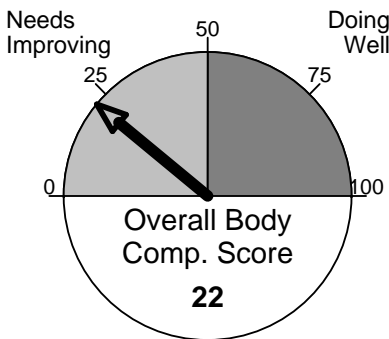
The best way to determine a healthy weight for you is to perform such body composition tests as percent body fat, waist girth, and body mass index, in addition to traditional height-weight measures. These tests, taken together, are much more accurate than just looking at weight.

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.



## 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 22, "Caution." Your previous score was 19. You are making progress!

## Recommendations for Improving Body Composition

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.

✓ **Body mass index (BMI)** - BMI is a number relating your weight (260 lbs) to your height (64 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 44.6.

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.

✓ **Percent body fat** - Body weight can be considered as two components, lean (muscle, bone, organs) and fat. The proportion of your weight from fat is termed "percent body fat." For your age and gender, a percent body fat of 8-16% is recommended. Less than 5% is considered very lean, and more than 16% can be a health risk.

Your percent body fat is 27.1% (70 lbs of fat and 190 lbs of lean).

✓ **Body weight** - Your present weight of 260 lbs is above the recommended range of 206-226 lbs. Recommended weight is based on being 8-16 percent fat at your current lean body weight.

**Waist-to-hip ratio (WHR)** - A WHR less than 0.95 is recommended for men. Your WHR (0.87) is within desirable levels.

**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. Your waist girth (40 in.) is within desirable levels. (A high risk waist girth takes priority over all body composition scores.)

# Substance Use - Overview

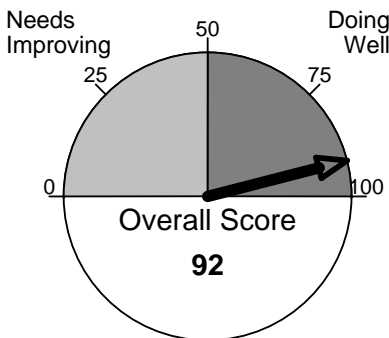
## Understanding Your Substance Use Report

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

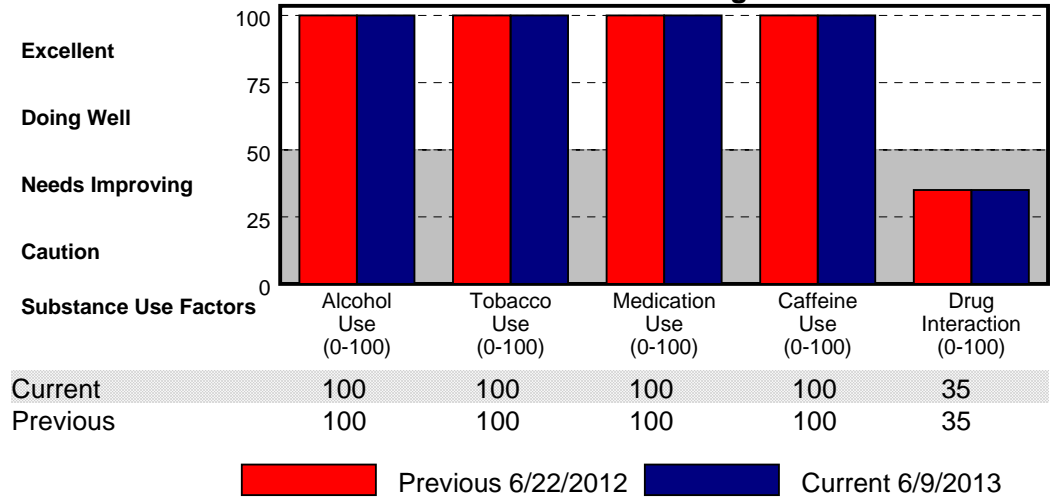
The overall Substance Use score is an average of the individual scores shown in the graph on the right.



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 92, "Excellent!"

Substance Use Rating Scale



## Recommendations for Avoiding Substance Use

The following recommendations are guidelines from leading national health organizations. The marked items ✓ 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** - To prevent potentially dangerous drug interactions when getting new medicines, always inform your doctor of medicines you are currently taking and avoid alcohol while taking medication.

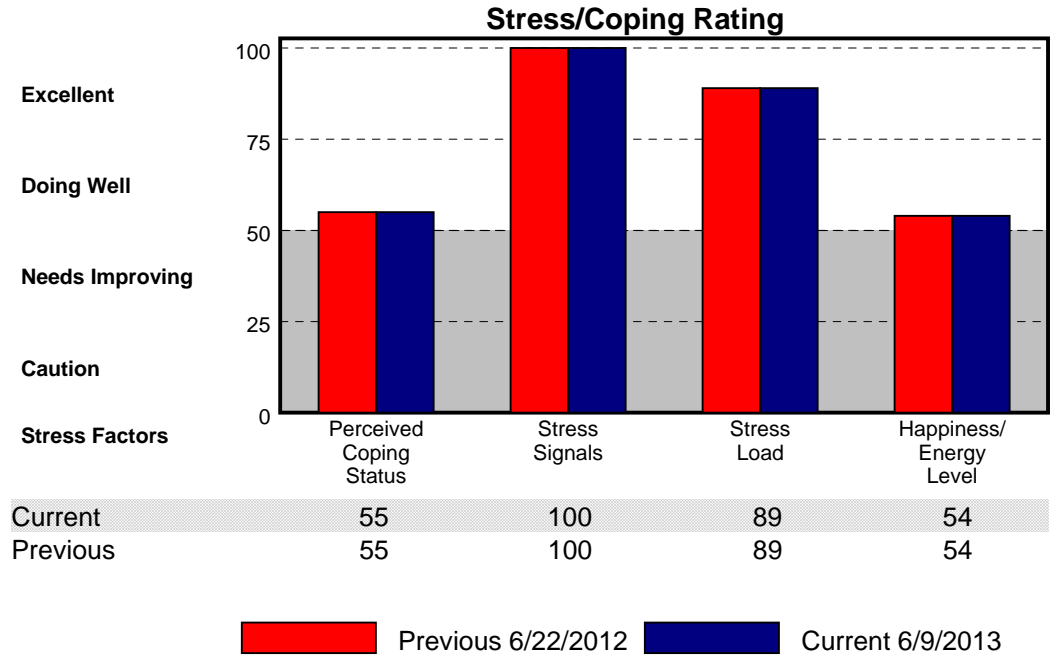
# Stress/Coping - Overview

## Understanding Your Stress Report

The purpose of this report is to help you better understand

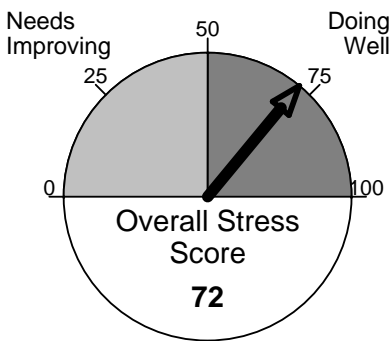
- How you are coping with stress
- If signs of excess stress are present
- How you can improve your coping ability

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 72, "Doing Well."

## Recommendations for Coping With Stress

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 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

## Understanding Your Safety Report

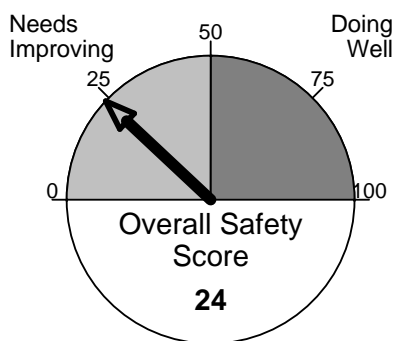
This profile is based on your answers to the safety questions. Many factors influence your health on a daily basis. Habits that promote a safe environment may have the greatest immediate impact on your quality of life.

- 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.

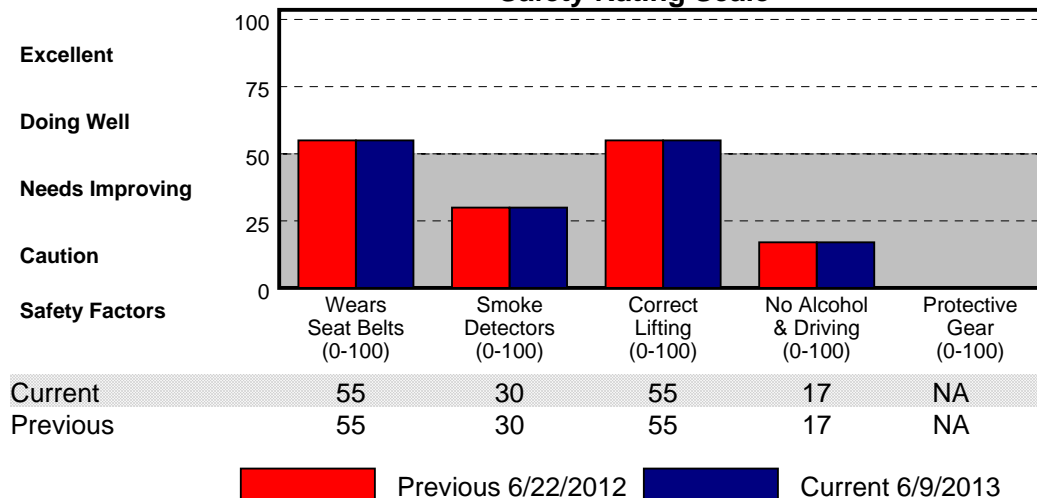


### Safety Rating Scale

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

Your current overall Safety score is 24, "Caution."

## 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.
- ✓ **Use smoke detectors** - Smoke detectors have saved thousands of lives. Be sure you have 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.
- ✓ **No 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.

# Cancer Risk - Overview

## 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.

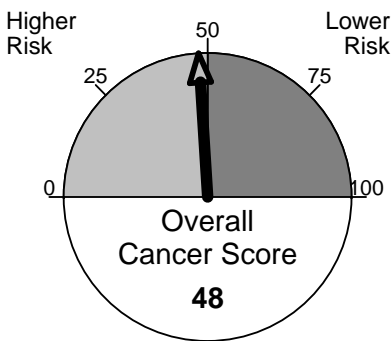
### Cancer Risk Categories:

- 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.

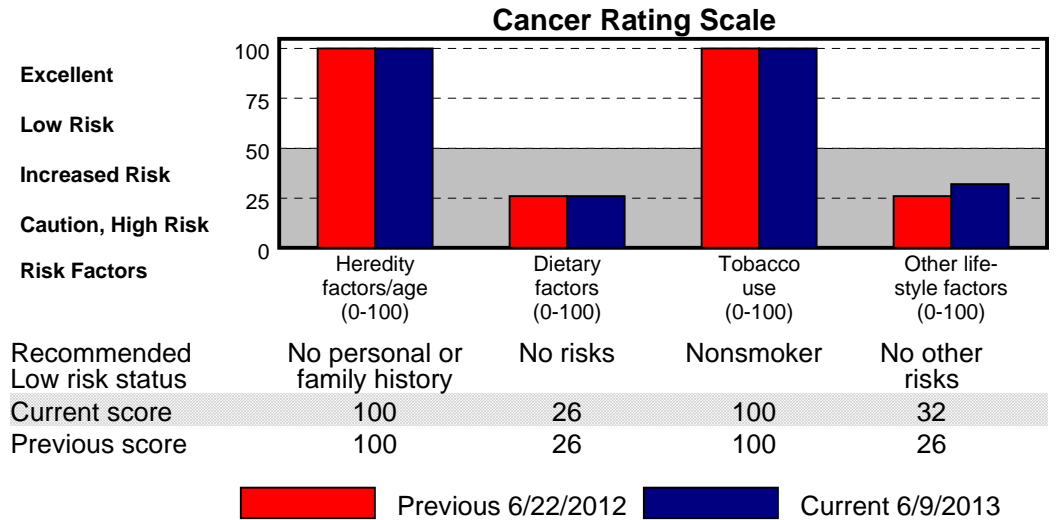
## Overall Cancer Score

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 48, "Increased Risk."



## 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. Eat at least five fruits and vegetables daily.

### 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.
- Perform cancer screening exams as outlined in Medical Follow-Up/Preventive Exams section.
- 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

## Understanding Your Osteoporosis Report

This report is designed to help you

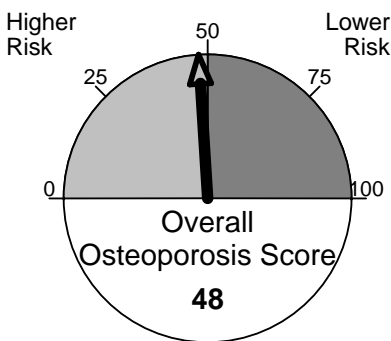
- Understand osteoporosis
- Identify risks you may have
- Determine how to prevent osteoporosis from developing

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

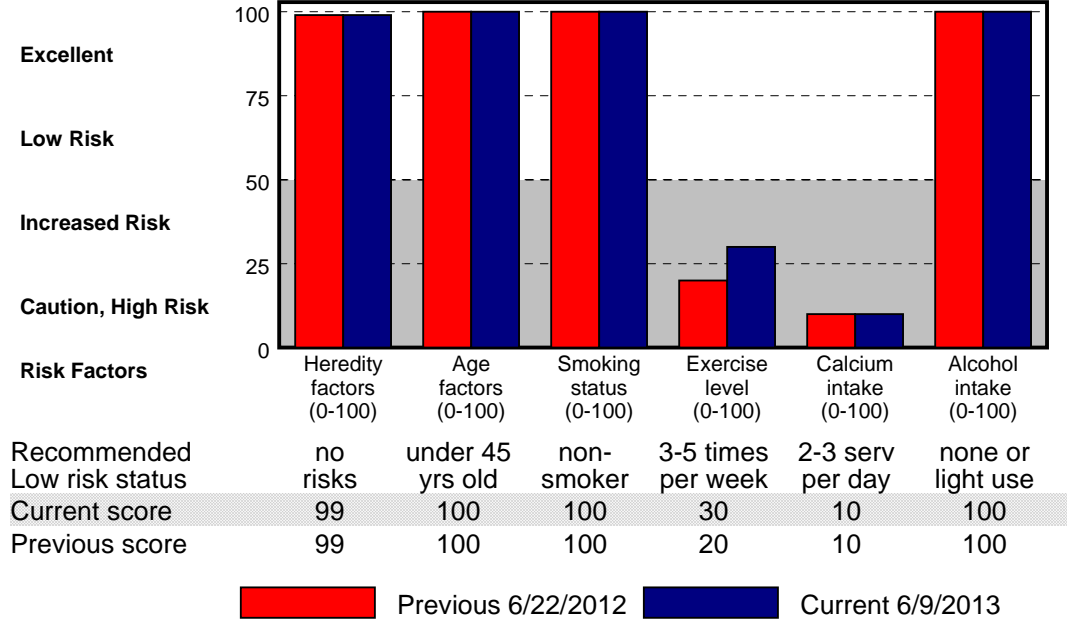
Your Osteoporosis score is based on the number and importance of risk factors.



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 48, "Increased Risk."

## Osteoporosis Rating Scale



Recommended	no	under 45	non-	3-5 times	2-3 serv	none or
Low risk status	risks	yrs old	smoker	per week	per day	light use
Current score	99	100	100	30	10	100
Previous score	99	100	100	20	10	100

## Recommendations for Improving Bone Health

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.

### 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.

✓ **Inactivity** accelerates bone loss. On the other hand, weight-bearing exercises help maintain strong bones and increase bone density. Examples 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

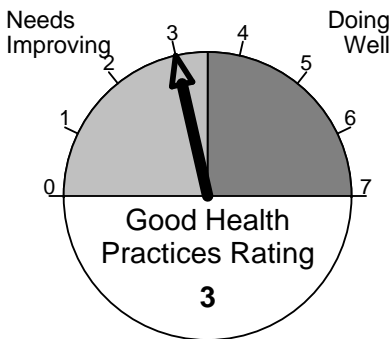
## Understanding Your Health Age

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 29.5. This is your "true body age" based on your present health practices.

**Achievable age** - Your achievable age is 19.5. This means you could add 10.0 years to your life expectancy.

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

Doing Well	Needs Improving	Good Health Practices
✓		Not smoking
✓		Regular, aerobic exercise, at least 30 minutes, 3+ times/week
✓		Alcohol, none or moderate use
	✓	Adequate sleep, 7-8 hours per night, most nights
	✓	Recommended desirable weight, 206-226, based on % Body Fat
	✓	Eat a good breakfast every morning, or most mornings
	✓	Avoid frequent snacking on typical snacks

## Recommendations for Improving Health Age

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. 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.

**Activity** - Maintain your active lifestyle! Every body needs regular physical activity for optimum health, at least 30 minutes of moderate to vigorous aerobic activity three or more times per week, daily when possible.

**Alcohol** - Drinking can lead to serious health problems: liver disease, cancer, high blood pressure, accidents, and alcohol dependency. Your safest course for good health is to maintain your nondrinking status.

- ✓ **Sleep** - You need more sleep. 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.
- ✓ **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** - Research shows that 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** - Frequent snacking on "junk" foods (chips, pastry, colas, and other high-fat, high-calorie foods) provides excess fat, calories, salt, and sugar, but little nutrition. If you snack, choose fresh fruits and vegetables.



## *Symptoms of Medical Problems*

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

*You have no medical problems that can be related to symptoms you have listed on your questionnaire.*

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

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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.)

High cholesterol level - HDL 35 mg/dl

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## *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
- 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

Sample Report

Page 18

## *Your Next Step*

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

## **Health improvement opportunities (✓ = 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!

Improving Fitness

Managing Stress

Blood Pressure Management

Lowering Cholesterol Levels

✓ Improving Nutrition

Senior Living

Healthy Pregnancy

Stopping Smoking

Living with Diabetes

# Personal Wellness Profile

## Sample Report

Brea, CA

ID # 620-15-2466 M26

Printed on:  
**Monday, March 17, 2014**

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**Please Note:** Because one or more questions were left blank, answers were furnished (default answers) by the computer to provide you with a complete report. The default answers are generally considered average or assume the healthiest lifestyle habits. As a result, the recommendations are based on your responses and those entered by the computer.

## Sample

Individual Report

Administered by... Heart Screen Inc.

Web: [heartscreen.com](http://heartscreen.com) 631-842-1122