

**PERSONAL WELLNESS PROFILE**

**FOR**

**Jane Sample**

02-24-09

Provided by

**BETTER HEALTH LIMITED**

**THE WELLNESS CENTRE**

**Westshore Medical, Cocorite**

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WELLNESS OVERVIEW. This report gives an overview of the major factors associated with good health. Each factor is evaluated on the wellness scale from poor to excellent on the graph below. Additional information and personal recommendations for improvement are provided in the paragraphs that follow.

| WELLNESS FACTORS         | CURRENT STATUS            | Wellness Scale               |           |      |           |
|--------------------------|---------------------------|------------------------------|-----------|------|-----------|
|                          |                           | Poor                         | Fair/Avg. | Good | Excellent |
| Fitness level            | High fitness              | [Bar extending to Excellent] |           |      |           |
| Nutrition status         | Good eating habits        | [Bar extending to Good]      |           |      |           |
| Smoking/tobacco use      | Never smoked              | [Bar extending to Excellent] |           |      |           |
| <b>Cholesterol level</b> | <b>269 mg/dL*</b>         | [Bar extending to Poor]      |           |      |           |
| Blood pressure           | 120/70 mmHg               | [Bar extending to Good]      |           |      |           |
| Percent body fat         | High, 36%                 | [Bar extending to Fair/Avg.] |           |      |           |
| Coronary risk            | Moderate risk             | [Bar extending to Fair/Avg.] |           |      |           |
| Stress/coping status     | Some stress but coping ok | [Bar extending to Good]      |           |      |           |
| Alcohol consumption      | Light alcohol use         | [Bar extending to Good]      |           |      |           |
| Seatbelt usage           | Always                    | [Bar extending to Excellent] |           |      |           |
| Safety score             | Safety conscious          | [Bar extending to Good]      |           |      |           |
| Happiness scale          | Pretty happy              | [Bar extending to Good]      |           |      |           |
| Sleep, 7-8 hrs/day       | Seldom                    | [Bar extending to Poor]      |           |      |           |
| Sick days                | 3-4 days                  | [Bar extending to Fair/Avg.] |           |      |           |
| Cancer awareness         | Normal cancer risk        | [Bar extending to Good]      |           |      |           |
| Overall wellness rating  | Fair, but needs improving | [Bar extending to Fair/Avg.] |           |      |           |

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**EVALUATION AND activity RECOMMENDATIONS**  
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OVERALL WELLNESS. Your overall rating is FAIR. You rate "Good to Excellent" in 10 of the 15 wellness factors listed above. Your health can improve by making lifestyle changes. Primary areas needing improvement are listed below. Refer to the following pages of the report for more specific information and recommendations for improving your health.

- \* Reduce your blood cholesterol to under 200 mg/dL. \* Cholesterol and coronary risk scores include HDL/LDL.
- \* Your body weight/percent fat level is high. Keep active and eat well to attain your weight goal.
- \* Your coronary risk level is too high. Reduce controllable risk factors.
- \* Get 7-8 hours of sleep each night for optimal health of body and mind.
- \* Your number of sick days are high. Look for ways of improving resistance to disease.

## EXERCISE

Your fitness level rating is EXCELLENT. Regular exercise protects against heart disease, high blood pressure, excess weight, and certain cancers. It also helps you look and feel your best. Review the guidelines below for ways to keep your exercise safe and effective.

AEROBIC EXERCISE GUIDELINES - Vigorous Level  
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**MEDICAL CLEARANCE** - Persons with a history of heart or other serious health problems need to get medical clearance and exercise guidance from their physician before making any significant increase in physical activity level.

**ACTIVITIES** - Select aerobic activities you can maintain for at least 30 to 60 minutes at a time, keeping your heart beat in the target heart rate zone. Examples include: fast walking, hiking, hill climbing, jogging, cycling, swimming, dance aerobics, tennis, racquetball, basketball, other active sports.

**FREQUENCY** - 4 - 5 aerobic exercise sessions per week.

**DURATION** - 30 - 60 minutes of continuous activity in your training heart rate zone.

**INTENSITY** - Your training heart rate zone is 70-85% of your maximum heart rate for your age. Therefore, your heart rate goal during exercise is 118 to 144 beats per minute or 20 to 24 beats per 10 seconds.

**EXERCISE CALORIE GOAL** - Exercise takes energy. The energy used is measured in calories. Your recommended exercise calorie goal is 1000 - 2000 calories per week. See exercise calorie chart for more specific information.

**SAFETY** - Start easily, progressing slowly into more vigorous activity. Walking is one of the safest and best exercises for most people. If you have any problems, consult your physician.

**EXERCISE CALORIE CHART** - Based on your weight this chart shows the number of calories you burn up while doing various activities. Calories are shown for selected exercise times:

| PHYSICAL ACTIVITY  | 15 MIN | 20 MIN | 30 MIN | 45 MIN | 60 MIN |
|--------------------|--------|--------|--------|--------|--------|
| Aerobics to music  | 170    | 226    | 340    | 510    | 680    |
| Backpacking/hiking | 147    | 196    | 294    | 442    | 589    |
| Racquetball        | 226    | 302    | 453    | 680    | 906    |
| Swimming           | 136    | 181    | 272    | 408    | 544    |
| Walking briskly    | 104    | 139    | 208    | 312    | 417    |

  
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## NUTRITION

Rating is GOOD. Keep up your good eating habits. Good nutrition is essential for maintaining health, high resistance and adequate energy. To maintain good nutrition use a wide variety of foods, high in fiber, low in fat, cholesterol, and salt (sodium). Emphasize fresh fruits, whole grains, vegetables and legumes (peas, beans, lentils). These foods are protective against heart disease and cancer. The following are some specific recommendations. Those items marked with a "\*" need your special attention.

- Replacing red meats with fish and poultry is a good habit. Continue to use vegetable protein foods such as beans, peas, and lentils as good alternates to meat.
- Use low or non-fat milk and dairy products in place of butter, cream and cheese. Keep use of eggs to less than 4 per week.
- Maintain your conservative intake of fats, using mainly vegetable oils and margarine.
- Use low-fat desserts, such as fruit salad, melon, grapes, and gelatin, instead of high fat and high calorie desserts (cakes, pastry, cream pies, ice cream).
- Keep choosing low fat foods; limit dressings, gravies, spreads, and fried foods.
- Maintain your habit of using whole grain breads, flour, and cereals in place of white bread, white flour, refined and sweetened breakfast cereals, and other refined grain products.
- \* Use lots of fresh fruits and vegetables; at least 4-5 servings/day. They are high in nutrition, and low in fat and calories.
- \* Eat a good breakfast every morning for optimal physical and mental performance.
- Maintain regular eating habits. If you do snack, choose health snacks such as fresh fruit.
- Keep intake of salt/salty foods such as chips, pickles and soy sauce to a minimum.
- Look for soup and salad or other low-fat lunches when eating at typical fast-food restaurants.
- \* Keep calorie intake moderate to low, to avoid excess fat.
- Maintain low intake of caffeinated drinks. Caffeine can cause abnormal heart rhythms, increased stress hormone levels and sleep disturbances.

## SMOKING

Rating is EXCELLENT. Congratulations on being a non-smoker. Maintaining a non-smoking status is a positive step towards health and longevity. Encourage family and friends to do the same.

## BODY WEIGHT

Rating is POOR. Your present weight of 190 lbs exceeds the recommended range for good health of 155 to 164 lbs based on a 22 to 26 percent body fat level. To reduce safely and permanently, follow a sound program of nutrition and exercise. Specific recommendations are listed below. Give special attention to the items marked with a "\*".

- \* If you have health problems or concerns, get your doctor's clearance before starting exercise.
- \* Reduce your weight at a safe and practical rate of one-half to one pound per week.
- Keep up a regular exercise program (at least 3-4 exercise sessions per week).
- Meals at fast food places are usually high in fat and calories. Look for lower calorie choices.
- Continue eating regular well balanced meals without snacking.
- Choose low-fat/calorie desserts such as fresh fruit.
- Using non-fat milk and low-fat dairy products can help maintain your proper weight.
- Replacing red meats with fish and poultry is a good habit.
- Maintain a low intake of refined foods: pastry, sugary foods, soda pop and sweets.
- Continue to avoid high fat foods: spreads, gravies, dressings, mayonnaise, deep fried foods.

CORONARY RISK Rating is FAIR. This means that improvement is needed. Listed below are your important coronary risk factors. Pay special attention to those listed with a "\*".

- No family history of early heart problems
- No personal history of heart problems
- \* Age 51, risk is higher after 40
- \* Lower blood cholesterol level below 200
- Maintain blood pressure below 140/90
- A non-smoker; this lowers your risk
- Maintain your exercise program
- Maintain good stress/coping skills
- \* Keep up good dietary habits
- \* Coronary risk increases if over 30% fat
- No personal history of diabetes
- No history of stroke/blocked arteries

ALCOHOL Rating is GOOD. You report having about 2 - 3 drinks/week. This amount is associated with low health risk. Not drinking is the safest course. Heavy use of alcohol is closely related with the following health hazards:

- Cancers of the mouth and digestive system
- Accidents (Leading cause of death for persons under 40), motor vehicle, burning, drownings
- Cirrhosis of the liver (8th leading cause of death in N. America)
- Suicide, homicide, and violent crimes

SLEEP Rating is POOR. You report seldom ever getting the 7-8 hours sleep/day recommended. You need more rest. Sleep refreshes body and mind. Lack of sleep results in more colds, and feeling tired and irritable.

HAPPINESS Rating is GOOD. Good for you! Look for ways to continue making life fun, interesting, and meaningful. Improving the quality of life is an important aspect of wellness, and makes life worth living.

STRESS/COPING Rating is GOOD. Your responses in the questionnaire indicate you are coping fairly well. Excessive stress erodes physical and mental health, so maintaining your good coping practices is important. Below are suggestions helpful for maintaining coping ability. A "\*" indicates need for improvement.

- Congratulations on keeping your stress load manageable. If you do feel overwhelmed, cut back on non-essential demands, simplify your life, don't over-commit.
- \* Be sure to get adequate sleep. Lack of sleep lowers tolerance to stressful events; 7-8 hours/day is recommended.
- Plan regular quiet times for yourself. Each one must have some time for rest, relaxation and recreation.
- If a stress problem develops and seems insurmountable, get help from family, friends, or a counselor. Don't try to go it alone.
- Keep up your support system (family, friends, a friendly church or other caring group) which provides people you can talk with and get help from when needed.
- Be aware of the problem of using alcohol or drugs as a solution to stress and problems.

## SAFETY

Rating is GOOD. Having a safety-conscious attitude can significantly reduce your risk of accident or injury. Most accidents can be prevented. Look for ways to change unsafe conditions and habits before an accident occurs. The following suggestions can further improve your safety score. Items marked with a "\*" need your special attention.

- Keep up your regular use of seatbelts. It's a life saving practice.
- Regularly check your smoke alarm to make sure it works.
- \* When lifting heavy objects, be sure to use good lifting techniques. Back injury is the most common and costly injury on the job. Think before your lift.
- Never mix drinking and driving. The life you save could be your own.

## CANCER

Rating is GOOD. Maintain good health practices to keep cancer risk low. Much can be done to prevent cancer, the second leading cause of death in the U.S. Items marked with a "\*" indicate a need for personal attention.

- Not smoking lowers your risk
- Use high fiber foods, such as whole grains
- Alcohol is a cancer promoter, keep low
- Avoid excessive sun exposure
- Avoid fatty, salt cured, or smoked foods
- \* Eat more fresh fruits and vegetables
- \* Achieve/maintain ideal weight

----- The following preventive exams are recommended for your age and gender. -----

- A physical exam is recommended every 1-3 years, including lifestyle assessment and counseling, and cancer screening tests appropriate for age, gender, and risks present.
- PAP test for women every 1-3 years depending upon risks and results of previous tests.
- Mammogram, every 1-2 years after age 50 (sooner if family history or other risks present).
- \* Monthly self breast exam.
- Bowel cancer screening in persons 50 years or older or with bowel cancer risks.

## HEALTH AGE

In a 15 year study of health habits of some 6900 people, longevity was found to be associated with 7 basic health practices. These include not smoking, exercising regularly, moderate or not drinking, 7 to 8 hours of sleep daily, being within the recommended weight range, eating breakfast, and eating at regular meal times (not snacking). They found that a healthful lifestyle added 11-12 years of life compared to an unhealthful lifestyle.

When comparing your health practices with this study, your present health age is 51. This means your health age is about the same as your reported age of 51. Your health age would be 46 if you were following all of the good health practices. A healthy lifestyle could potentially add 5 or more years to your life expectancy.



## **What is a blood test?**

A blood test is a laboratory test that is done on the blood drawn from your arm. Although blood might appear to be a uniform red liquid, more than half of it is made up of a straw-colored, watery fluid called "plasma." The remainder is made up of different types of cells that are suspended in the plasma. Haemoglobin in the cells carried in the plasma makes the blood appear red. Blood travels throughout your body in blood vessels called veins and arteries. Since blood travels throughout the body, your doctor gains a lot of information from blood tests. Blood tests are an important part of your physical examination.

It is important to realize that laboratory results may be outside of the so-called "normal range" for many reasons. These variations may be due to such things as race, dietary habits, age, sex, menstrual cycle, degree of physical activity, improper collection and/or handling of the specimen, non-prescription drugs (such as aspirin, cold medications, vitamins, etc.), prescription drugs, alcohol intake and a number of non-illness-related factors. Any unusual or abnormal results should be discussed with your physician.

It is not usually possible to diagnose or treat a disease based on blood test results alone. They can, however, help you to learn more about your body and detect potential problems in the early stages when treatment or changes in personal habits can be most effective.

Most labs set the normal result range for a particular test so that 95% of healthy patients fall within the normal range. That means that 5% of healthy patients fall outside of the normal range, even when there is nothing wrong with them. Thus an abnormal test does not necessarily mean that there is something wrong with you. Statistically if you have 20 or 30 individual tests run as part of a profile, chances are one or two will be slightly outside the normal range. Part of what you pay your doctor for is to interpret whether or not these changes are significant.

For some results, the upper limit of "normal" is actually irrelevant since the risk associated with the test result rises continuously. The higher your cholesterol, for example, the higher your risk of heart disease.

## Laboratory results for Jane Sample

02-24-2009

| <u>Test</u>                   | <u>Result</u> | <u>Abnormal</u> | <u>Normal Range</u> |
|-------------------------------|---------------|-----------------|---------------------|
| <b>Red Cell Count (women)</b> | <b>4.7</b>    |                 | <b>(4.0-5.4)</b>    |

The red blood cells, packed with haemoglobin, have the primary function of transporting oxygen from the lungs to the tissues, and returning carbon dioxide back to the lungs to be exhaled.

|                            |             |  |                |
|----------------------------|-------------|--|----------------|
| <b>Haemoglobin (women)</b> | <b>14.4</b> |  | <b>(12-17)</b> |
|----------------------------|-------------|--|----------------|

Haemoglobin is the iron-containing protein found in red blood cells. The haemoglobin level is thus a good indication of the body's oxygen carrying capacity.

|                    |             |  |                |
|--------------------|-------------|--|----------------|
| <b>PCV (women)</b> | <b>42.4</b> |  | <b>(36-48)</b> |
|--------------------|-------------|--|----------------|

This test measures the portion of the blood volume that is made up by red blood cells.

|            |             |  |                |
|------------|-------------|--|----------------|
| <b>MCV</b> | <b>90.3</b> |  | <b>(76-96)</b> |
|------------|-------------|--|----------------|

|             |             |  |                |
|-------------|-------------|--|----------------|
| <b>MCH.</b> | <b>30.6</b> |  | <b>(27-33)</b> |
|-------------|-------------|--|----------------|

|             |             |  |                |
|-------------|-------------|--|----------------|
| <b>MCHC</b> | <b>33.9</b> |  | <b>(31-35)</b> |
|-------------|-------------|--|----------------|

MCHC, MCV and MCH describe the size and haemoglobin concentration of red blood cells.

**WBC** **5.96** **(4-11)**

The white blood cells are an important part of the immune system for fighting off infection. If a bacterial infection is present, the number of white blood cells may increase dramatically. Certain medications including aspirin and several antibiotics may cause elevated values.

**Neutrophils** **3.62** **(2.5-7.5)**

These are classically associated with bacterial or viral infection.

**Lymphocytes** **1.66** **(1.0-4.0)**

These often rise or fall with a viral infection; for example, mononucleosis, chicken pox.

**Monocytes** **0.536** **(0.2-1.8)**

Can rise with various forms of blood cancer, infections with bacteria, protozoa, sarcoidosis, and in autoimmune diseases.

**Platelets** **225** **(150-400)**

This test measures the number of platelets in a cubic millimeter of blood. Platelets (thrombocytes) are tiny cell-like structures which play a major role in blood clotting.

**ESR** **55** **\*\*\*** **(0-20)**

This refers to the speed at which the red blood cells settle to the bottom of a column of blood in a glass tube. It is not a test that is specific for any one condition but may give a clue to the presence of a problem. The rate depends on the amount of certain proteins in the blood. The long list of conditions that can increase the sedimentation rate includes infections, certain inflammatory conditions (for example, active rheumatoid arthritis or lupus), and some malignant disorders. Definitive diagnosis must be based on results of further tests specific to the disorder under consideration as suggested by the history of illness, findings on a physical examination, and the results of other laboratory procedures.

**Blood Sugar - Fasting**                      **73**                      **(60-100)**

The body uses the food you eat to grow and be active. Much, if not most, of the energy for the body's tasks comes from a sugar called glucose. Glucose is part of the table sugar and starches we taste in our foods. It is delivered in the blood to the cells of the body. A Fasting blood glucose between 95 and 120 mg/dl could be an early sign of diabetes, and a 2-hour post-prandial blood sugar is recommended to make sure.

**Iron**    **81**    **(37-158)**

The body uses iron to make haemoglobin and to help transfer oxygen to the muscles. Because serum iron levels may vary significantly during the day, specimens should be drawn in the morning.

**Total Protein**                              **78**                              **(60-85)**

This figure generally reflects the body's nutritional state, and is the sum of the albumin and globulin figures.

**Albumin**                                      **42**                                      **(32-56)**

This important protein keeps water inside your blood vessels. When your albumin level is too low, water can leak out of the blood vessels into other parts of your body and cause swelling.

**Globulin**                                      **36**                                      **(20-45)**

This is a group of proteins in your blood that helps to fight infections.

**A/G Ratio**                                      **1.2**                                      **(1.1-2.5)**

**Bilirubin - Direct**                      **0.0 (<30)**                      **(<30)**

This is a test for a specific form of bilirubin that is formed in the liver and excreted in the bile.

**Bilirubin - Indirect**                      **0.71**                      **(<1.3)**

**Alkaline Phosphatase**                      **99**                      **(37-147)**

Alkaline phosphatase is an enzyme that is found in nearly all tissues of the body, the most important being bone and liver. Minor increases are sometimes observed with the normal aging process.

**ASP. Transaminase (GOT)**                      **21**                      **(10-36)**

The enzyme SGOT (often called serum aspartate transaminase, AST) is found in high concentration in the heart and liver and in moderately large amounts in the skeletal muscle, kidneys and pancreas.

**ALA. Transaminase (GPT)**                      **23**                      **(6-37)**

This enzyme is found mainly in the liver, unlike the other enzymes which are also produced in other cells (such as lung, kidney and muscle).

**GLU. Transpeptidase (GGTP)**                      **39**                      **(<60)**

This is an enzyme that is found primarily in the liver. Decreased values are not clinically significant, but elevated values are most often associated with drinking too much alcohol.

**BUN**    **14**    **(7-18)**

Urea and creatinine are two waste products which are constantly being produced by the breakdown of protein and the remodeling of muscle tissue.



|                    |              |    |                  |
|--------------------|--------------|----|------------------|
| <b>Potassium</b>   | <b>4.7</b>   |    | <b>(3.8-5.0)</b> |
| <b>Chloride</b>    | <b>106.1</b> | *  | <b>(96-106)</b>  |
| <b>Cholesterol</b> | <b>269</b>   | ** | <b>(&lt;180)</b> |

Cholesterol is a waxy, fatlike substance, classified as a lipid, that's found in all tissues in humans and other animals. Foods from animal sources (e.g., eggs, meat, poultry, fish, dairy products) contain cholesterol, but plant-derived foods do not. So when you eat a big juicy steak or hamburger, you're consuming cholesterol; when you chomp on a carrot or apple, you're not. Interestingly, the majority of cholesterol in your blood is manufactured by your own body - mainly by your liver - and only about 20% of blood cholesterol comes from the food you eat. And despite all of the nasty things you've heard about cholesterol, you really need a certain amount of it to live: cholesterol is essential to your body's cell membranes, to the insulation of your nerves, and to the production of certain hormones. It's also used by your liver to make bile acids, which help to digest your food. After infancy, your body makes all of the cholesterol it needs; you don't need to consume any more to stay healthy.

The downside of cholesterol is its buildup on the walls of your arteries which may cause bumps or plaques to form. This plaque can narrow or even block your arteries, resulting in heart attack, stroke, or other serious health problems. How much cholesterol you have in your blood is influenced primarily by diet, heredity, and metabolic diseases such as diabetes. Smoking and lack of exercise can also cause, or contribute to, high blood cholesterol levels.

Today, doctors realize there's more to the blood cholesterol story than just "high cholesterol." They consider the relative blood levels of two different kinds of cholesterol; namely, HDL or "good" cholesterol, and LDL or "bad" cholesterol. Total blood cholesterol below 200 is desirable. Once your blood cholesterol hits 240, your risk for cardiovascular disease doubles. Also risky is "bad" LDL cholesterol over 130 and "good" HDL cholesterol below 35 (below 40 for women). High HDL cholesterol (60 or more) can actually reduce your chance of having a heart attack.



|                |             |                   |
|----------------|-------------|-------------------|
| <b>Free T4</b> | <b>8.02</b> | <b>(4.5-12.5)</b> |
|----------------|-------------|-------------------|

|                |            |                 |
|----------------|------------|-----------------|
| <b>Free T3</b> | <b>105</b> | <b>(72-170)</b> |
|----------------|------------|-----------------|

These two measures check the thyroid hormone levels more directly. Often the combination of the two is used and is called a T7.

|           |          |                    |
|-----------|----------|--------------------|
| <b>TU</b> | <b>1</b> | <b>(0.66-1.27)</b> |
|-----------|----------|--------------------|

|            |              |                  |
|------------|--------------|------------------|
| <b>TSH</b> | <b>1.995</b> | <b>(0.4-4.0)</b> |
|------------|--------------|------------------|

TSH stands for thyrotropin-stimulating hormone and it is produced in the pituitary gland.



**04-20-2009: Wellness Targets for Jane Sample**

| <u>Variable</u>   | <u>February Score</u> | <u>Ideal Range</u> | <u>May Target</u> |
|-------------------|-----------------------|--------------------|-------------------|
| Weight            | 190 lbs               | 155 - 164 lbs      | 178 lbs           |
| Body Fat percent  | 36%                   | 22% - 26%          | 30%               |
| Waist size        | 36 inches             |                    | 34 inches         |
| Push-ups          | 15                    | 11 - 21            | 21                |
| Sit-ups           | 16                    | 12 - 19            | 20                |
| Total Cholesterol | 269 mgs/dl            | less than 200      | 190 mgs/dl        |
| LDL Cholesterol   | 189 mgs/dl            | less than 130      | 120 mgs/dl        |

**Other Wellness Goals:**

- \* Monthly breast self-examinations
- \* Eat more fruits and vegetables
- \* Eat a heavier breakfast
- \* Because of your high cholesterol, check your children's cholesterol
- \* **HYPERCHOLESTEROLAEMIA:** Your total cholesterol is dangerously high. You should make strenuous efforts to reduce it. If all else fails, medication to lower it is recommended. Repeat this test in six months.

Your overall wellness rating is only FAIR. That means that there is much room for improvement in your health. Unless you make some changes, "fair" will eventually become "poor", and poor health will inevitably translate into serious health problems. You can enjoy a higher standard of health, but it does require effort. ACT NOW!

\* **Notes:** Remember: your health is in your hands. Go in Wellness.

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*WELLNESS...a better way of living*

### **Ten Tips for the Weight Conscious**

1. For meals you eat out most often, find places where attractive, low-calorie foods are served.
2. Account for all the food you eat at least one day a week.
3. Take the stairs for the first few flights in those places where you usually take an escalator or elevator.
4. Find a friend who is trying to lose weight and exchange recipes, experiences, etc.
5. Investigate ways of making dinner interesting with less food or less high-calorie food.
6. Donate twenty-five cents to a charities box each time you give in to having a "junk" food.
7. Have a cupboard weeding-out session. Discard all the "imitation foods" and anything that adds little nutrition but lots of calories.
8. Take a 15-minute walk after one meal each day.
9. Exchange higher calorie snacks with lower calorie ones with similar textures, colours, or basic ingredients.
10. Relocate your high-calorie foods that you want to keep in the house to places which are awkward to reach.

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***WELLNESS...a better way of living***

### **Change suggestion list**

These are just ideas; not all of them will interest you.

#### **Goals to set:**

- |  |   |
|--|---|
| Take up a hobby or set a goal for your hobby | Lose x lbs (but not more than 2 lbs/week) |
| Complete a 10K run                           | Form a walking or other exercise group    |
| Read a good book                             | Learn to play golf                        |
| Join a church                                | Join a service club or community group    |

#### **Steps to take:**

- |  |  |
|--|--|
| Eat only low-fat dairy products                  | Stop using butter and margarine            |
| Not more than 2 egg yolks per week               | Not more than 2 cups of coffee per day     |
| Not more than 2 servings of red meat per week    | Eat only whole wheat bread                 |
| Eat a bowl of high-fibre cereal every day        | Eat three bananas every day                |
| Eat two portions of vegetables every day         | Not more than 2 fried dishes per week      |
| Eat only fruit between meals                     | Mostly drink water instead of sweet drinks |
| Avoid salty foods - cook with less and less salt | Do not add extra salt at the table         |

**More steps to take:**

Park the car or get out of the taxi at least three blocks away from home or work

Always take the stairs if less than four floors to climb

Not more than two drinks of beer or spirits on any weekday

Get seven or eight hours sleep at least 5 nights per week

Get away for a whole day of complete relaxation at least once per month

Set aside two or three ten minute periods for complete relaxation every day

30 mins brisk walking three times a week; 30 mins of swimming once per week

Fifteen minutes of stretching exercises three to four days a week

20 min of strength-building exercises three times a week (push-ups, sit-ups, squats, etc.)

## **Recommended Schedule of Preventative Tests:**

### **Female, 50 to 64 years old**

1. Physical examination every year, including blood pressure check, height and weight (general screening)
2. Tetanus-diphtheria booster shot every 10 years
3. Dental exam and cleaning every year
4. Clinical examination of breasts, as part of the physical examination (screening for breast cancer)
5. Self-examination of breasts every month (screening for breast cancer)
6. Gynecologic examination, including pelvic examination, Papanicolaou smear ("Pap" smear), digital rectal examination and urinalysis every year (screening for cervical cancer and pelvic disease)
7. Measurement of blood cholesterol levels every 5 years (screening for cardiovascular disease)
8. Eye exam, including glaucoma screening, every 2 years
9. Mammography every year (screening for breast cancer)
10. Fecal occult blood testing every year, as part of the physical examination (screening for colorectal cancer)
11. Colonoscopy every 5-7 years (screening for colorectal cancer)
12. Skin examination, as part of the physical examination (screening for skin cancer and precancerous lesions)

**Sources:**Based on recommendations for preventive care for asymptomatic, low-risk adults from the U.S. Preventive Services Task Force, the American College of Physicians, The Canadian Task Force on the Periodic Health Examination, the U.S. Public Health Service, the National Cancer Institute, and the American Academy of Family Physicians.

**Further reading:** click on the following links

|   |   |
|---|---|
| <b>Attitude is the Key</b>                    | <a href="http://www.wellnesscaribbean.com/attitude.htm">http://www.wellnesscaribbean.com/attitude.htm</a>                   |
| <b>Nutrition and you</b>                      | <a href="http://www.wellnesscaribbean.com/nutrition.htm">http://www.wellnesscaribbean.com/nutrition.htm</a>                 |
| <b>The Importance of Fruit and Vegetables</b> | <a href="http://www.wellnesscaribbean.com/fruits_and_veg.htm">http://www.wellnesscaribbean.com/fruits_and_veg.htm</a>       |
| <b>Reaching your Exercise Goals</b>           | <a href="http://www.wellnesscaribbean.com/exercise_goals.htm">http://www.wellnesscaribbean.com/exercise_goals.htm</a>       |
| <b>Strength Training is for Every Body</b>    | <a href="http://www.wellnesscaribbean.com/strength_training.htm">http://www.wellnesscaribbean.com/strength_training.htm</a> |

**Special concerns:**

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| <b>Constipation</b>                         | <a href="http://www.wellnesscaribbean.com/constipation.htm">http://www.wellnesscaribbean.com/constipation.htm</a> |
| <b>Building a Better Back</b>               | <a href="http://www.wellnesscaribbean.com/backache.htm">http://www.wellnesscaribbean.com/backache.htm</a>         |
| <b>Improving Your Sleep</b>                 | <a href="http://www.wellnesscaribbean.com/sleep_tips.htm">http://www.wellnesscaribbean.com/sleep_tips.htm</a>     |
| <b>Giving Up Smoking</b>                    | <a href="http://www.wellnesscaribbean.com/smoking.htm">http://www.wellnesscaribbean.com/smoking.htm</a>           |
| <b>Headaches</b>                            | <a href="http://www.wellnesscaribbean.com/headaches.htm">http://www.wellnesscaribbean.com/headaches.htm</a>       |
| <b>How to Lower Your Cholesterol</b>        | <a href="http://www.wellnesscaribbean.com/cholesterol.htm">http://www.wellnesscaribbean.com/cholesterol.htm</a>   |
| <b>Important Facts to Know about Cancer</b> | <a href="http://www.wellnesscaribbean.com/cancer.htm">http://www.wellnesscaribbean.com/cancer.htm</a>             |
| <b>Glaucoma</b>                             | <a href="http://www.wellnesscaribbean.com/glaucoma.htm">http://www.wellnesscaribbean.com/glaucoma.htm</a>         |
| <b>Fitness for your Golden Years</b>        | <a href="http://www.wellnesscaribbean.com/golden_years.htm">http://www.wellnesscaribbean.com/golden_years.htm</a> |
| <b>You Need Muscles</b>                     | <a href="http://www.wellnesscaribbean.com/muscles.htm">http://www.wellnesscaribbean.com/muscles.htm</a>           |

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| <b>Getting a Pap Smear</b>                 | <a href="http://www.wellnesscaribbean.com/papsmear.htm">http://www.wellnesscaribbean.com/papsmear.htm</a>             |
| <b>On the Management of Hypertension</b>   | <a href="http://www.wellnesscaribbean.com/hypertension.htm">http://www.wellnesscaribbean.com/hypertension.htm</a>     |
| <b>Looking After Diabetes</b>              | <a href="http://www.wellnesscaribbean.com/diabetes.htm">http://www.wellnesscaribbean.com/diabetes.htm</a>             |
| <b>Breast Self-Examination</b>             | <a href="http://www.wellnesscaribbean.com/breastexam.htm">http://www.wellnesscaribbean.com/breastexam.htm</a>         |
| <b>Anaemia (low blood cell count)</b>      | <a href="http://www.wellnesscaribbean.com/anaemia.htm">http://www.wellnesscaribbean.com/anaemia.htm</a>               |
| <b>Allergic and Nonallergenic Rhinitis</b> | <a href="http://www.wellnesscaribbean.com/rhinitis.htm">http://www.wellnesscaribbean.com/rhinitis.htm</a>             |
| <b>Osteoarthritis and You</b>              | <a href="http://www.wellnesscaribbean.com/osteoarthritis.htm">http://www.wellnesscaribbean.com/osteoarthritis.htm</a> |