

Be*Healthy *Lifestyle Choices for a Long Healthy Life*



Bill (Average Health) M 45 ID# 27 1/21/2015

Health is greatly impacted by daily life choices. See how well you score on meeting lifestyle choices linked to longevity. See 'Lifestyle Recommendations' to make improvements.

Your Health Score = 5/14



You meet 5 of the 14 longevity lifestyle factors.



Your Health Age

Choosing a healthy lifestyle can add up to 10-12 years to one's life expectancy. See how you are doing below:

Your Current Age: 45

Your Health Age: Your results indicate that you are 3.4 years older than the average person your age.

Potential Years of Added Life: You could add an additional 13.3 years to your life expectancy if you followed every recommendation in this report.

Longevity: The average life expectancy for a person your age is 78.6 years. Because you are not living as healthfully as the average person, you can expect to live to an age of 75.2 years.

Your Health Test Results

	You	Goal
* Body mass index (BMI)	28.8	18.5-24.9
* Percent body fat (%)	28.3	<22
* Waist circumference, in.	39.0	<37
* Blood Pressure	135/85	<120/80
* Total cholesterol, mg/dL	215	<200
* HDL cholesterol, mg/dL	44	45+
* Fasting Glucose, mg/dL	105	<100
Peak aerobic capacity, METs	15.1	10-14+

Your Lifestyle Recommendations

Fitness

- * Be more physically active. Aim for 30+ minutes of moderate physical activity, such as brisk walking, 5+ days per week, or 20-30 minutes of vigorous activity, such as jogging, 3-4+ days per week. Add strength building exercises at least twice per week.
- * Achieve a healthy weight indicated by a BMI < 25 and a waist circumference less than 37 inches. A BMI of 30+ or a waist circumference of 40+ inches indicates high risk for men. Lose any excess weight by choosing low calorie, healthy foods and getting regular exercise.
- * *Indicates need for improvement*

Health Habits

Congratulations on stopping smoking. Not using any tobacco is a proven way to prevent early disease and death. Encourage family and friends to do the same.

Continue to limit alcohol intake. A high intake, more than 14 drinks/week or more than 4 drinks in one day, can result in serious mental and physical health problems. High intakes result in over 64,000 deaths yearly.

Continue getting adequate sleep for best health. Research shows that people who get 7-8+ hours of sleep daily live longer than those who don't.

Continue drinking plenty of water. It cools the body, purifies the blood, and improves the circulation. Drink at least 5-8 cups of water daily; more on hot days.

Nutrition

- * Eat more fruits and vegetables. They are low in calories and protect against chronic diseases. Eat 4-5 cups of fruits and vegetables daily for best health.
- * Eat more whole grains. Aim for at least 3 servings daily such as whole wheat bread, brown rice, whole grain pasta, whole corn, steel cut oats, and quinoa.
- * Eat more nuts and seeds. Nuts contain minerals and healthy fats that are protective to the heart and health. Eat 5+ servings of nuts or nut butters weekly.
- * Avoid or limit red meat. Beef, lamb, and pork are high in saturated fat and cholesterol and are linked to higher risk of heart disease, cancer and diabetes. Choose healthier protein alternatives.
- * Limit salt and sodium in your diet. Aim for no more than 1,500 mg of sodium daily for best health. Read food labels to see how much sodium is in packaged foods.

Mental/Emotional Health

- * Develop a happy, positive outlook on life. Being happy promotes a long, healthy life. Enjoy life's many healthy pleasures: good food, friends, enjoyable music, a walk in the park, a good laugh. Having fun keeps life in balance.
- * Build social support. Interaction with family and friends improves mental and emotional health. Investing time in building and strengthening key relationships in life will help you be happier and cope better in life.

Maintain good stress/coping skills. Maintain balance in your life by taking time to relax and doing something fun and interesting daily such as a hobby or creative activity you enjoy. When you feel overwhelmed, talk over problems with a good friend or counselor.