

Blood Pressure:-

For hypertension:-

DIET:

- Eat foods lower in fat, salt, and calories.
- Use spices and herbs, vinegar, lemon or fruit juices instead of salt to flavor foods.
- Use less oil, butter, margarine, shortening, and salad dressings.
- Skim or 1% milk, yogurt, Greek yogurt (calcium-rich foods can lower blood pressure).
- Lean meat.
- Skinless turkey and chicken.
- Low-salt, ready-to-eat cereals.
- Cooked hot cereal (not instant).
- Low-fat and low-salt cheeses.
- Fruits (fresh, frozen, or canned without added salt).
- Vegetables (fresh, frozen or canned, no added salt).
 - Richly colored green, orange, and red items are high in potassium and minerals that help lower blood pressure.
 - The goal is 5-9 servings of fruits and vegetables per day.
- Plain rice, pasta, and potatoes.
- Breads (English muffins, bagels, rolls, and tortillas).

- Lower salt "prepared" convenience food.

Exercise:

- 1) Ten minutes of brisk or moderate walking three times a day
- 2) Thirty minutes a day of biking or stationary cycling, or three 10-minute blocks of cycling
- 3) Hiking
- 4) Desk treadmilling or pedal pushing
- 5) Weight training
- 6) Swimming

For Hypotension:-

DIET:

- Drink Plenty of Fluids
- Eat Salty Foods
- Drink Caffeine
- Boost Your B12 Intake
- Cut Back On Carbs
- Reduce Meal Size
- Easy On The Alcohol

Exercise:-

- Walking
- Yoga
- Tai Chi
- Dancing
- Swimming

Blood Sugar:

Prediabetics:-

Diet:

- steel-cut [oats](#) (not instant oatmeal)
- stone-ground whole wheat bread
- nonstarchy vegetables, such as [carrots](#) and field greens
- [beans](#)
- [sweet potatoes](#)

- corn
- pasta (preferably whole wheat)
- beans and legumes
- fruits and vegetables that have an edible skin
- whole grain breads
- whole grains, such as quinoa or barley
- whole grain cereals
- whole wheat pasta
- Cut out sugary drinks
- hicken without skin
- egg substitute or egg whites
- beans and legumes
- soybean products, such as tofu and tempeh
- fish, such as cod, flounder, haddock, halibut, tuna, or trout
- lean beef cuts, such as flank steak, ground round, tenderloin, and roast with fat trimmed
- shellfish, such as crab, lobster, shrimp, or scallops
- turkey without skin
- low fat Greek yogurt
- Drink plenty of water

Exercise:

A lack of physical activity has been linked to increased insulin resistance, according to the [National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\)](#). Exercise causes muscles to use glucose for energy, and makes the cells work more effectively with insulin.

The [NIDDK](#) recommends exercising 5 days a week for at least 30 minutes. Exercise doesn't have to be strenuous or overly complicated. Walking, dancing, riding a bicycle, taking an exercise class, or finding another activity you enjoy are all examples of physical activity.

Diabetics:-

Exercise:

- Walking
- Yoga
- Tai Chi
- Dancing
- Swimming

Precautions while exercising:-

- Check your blood sugar before and after exercise until you are aware of how your body responds to exercise.
- Whether you have Type 1 or Type 2 diabetes, make sure your blood sugar is less than 250 mg/dl before exercising. For people with Type 1 diabetes, exercising with a blood sugar higher than 250 mg/dl may cause ketoacidosis, which can be a life threatening condition resulting from a lack of insulin in the body. Do a five-minute warm-up before and a five-minute cool down after exercising.
- Drink plenty of water before, during and after exercise to prevent dehydration.

Diet for Diabetic people-

For people who have diabetes, the key to a beneficial diet, according to the [American Diabetes Association \(ADA\)](#), is as follows:

- Include fruits and vegetables.
- Eat lean protein.
- Choose foods with less added sugar.
- Avoid trans fats.

BMI:-

Underweight:

DIET FOR UNDERWEIGHT

In Underweight condition, you can start making some simple changes in your lifestyles and food habits which are mentioned below, along with the diet plan mentioned above:

Do's:

1. Eat more often
2. Drink Milk
3. Try Weight gainer shakes
4. Use Bigger Plates
5. Add cream to your coffee
6. Take Creatine
7. Get Quality Sleep
8. Eat your protein first and vegetables last

Don'ts:

1. Drink water before meals
2. Smoke

Exercise:

- Pushups
- Pullups
- Squats
- Lunges
- Bench Press
- Overhead Press

Overweight:-

DIET:

- Swap refined carb sources for whole grains.
- Avoid red meat and go for lean meat such as salmon or chicken.
- Stay away from trans fats as they are one of the biggest culprits of growing instances of obesity globally.
- Sugar intake should be less than 10% of your total calories; for a normal weight woman who needs 1900Kcal/day, this is about 10-11 teaspoons of sugar. Below 5% would be better.
- And lastly, skipping meals is never a sustainable way to go about obesity management. Three balanced meals are a must for everyone.

Exercise:

- For beginners- Stick to low impact cardio exercises like walking, swimming, riding a stationary bike, or an elliptical.

- Use a combination of these low-impact moves, rotating through them until 20 minutes is up: marching in place, side to side lunges, squats, mountain climbers, planks, donkey kicks, and arm circles.
- Jogging or running
- Yoga
- Pilates

Sleep Improvement-

- Get right with the light
- Practice relaxation
- Skip naps
- Exercise daily
- No electronic devices an hour before sleep
- Avoid noise
- Keep it cool
- Be comfortable
- Eat early
- Keep it regular
- Try fasting
- Practise Yoga