🫀 SECTION 1: HEART HEALTH

# Young (<40)

## Risky

### Diet

- Avoid sugary drinks, processed snacks, and excessive caffeine.

- Include omega-3 rich foods such as salmon, flaxseeds, and walnuts.

- Eat 5 servings of vegetables and 2 servings of fruits daily.

- Limit fast food to once a month or less.

### Exercise

- Do high-intensity interval training (HIIT) 2–3 times/week.

- Include sports like basketball, football, or swimming.

- Daily brisk walk of at least 30–40 minutes.

- Stretch after each workout to maintain flexibility.

## Safe

### Diet

- Maintain a balanced plate: half vegetables, quarter protein, quarter whole grains.

- Stay hydrated with 2–3 liters of water per day.

- Include heart-friendly snacks like nuts and berries.

### Exercise

- 150 minutes of moderate activity per week (cycling, jogging).

- Include one fun activity like hiking or dancing weekly.

# Middle (40–59)

## Risky

### Diet

- Reduce sodium intake to under 1500 mg/day.

- Include leafy greens daily and limit red meat.

- Avoid processed meats and fried food.

- Add whole grains and legumes to meals.

### Exercise

- Low-impact cardio such as swimming or walking for 30 minutes daily.

- Light strength training 2–3 times per week.

- Add yoga sessions to improve flexibility and reduce stress.

## Safe

### Diet

- Keep cholesterol in check with oats, olive oil, and nuts.

- Avoid overeating at night.

- Maintain a mix of protein, carbs, and healthy fats in meals.

### Exercise

- Brisk walking for 30 minutes, 5 days/week.

- Stretching or mobility exercises daily.

# Senior (60+)

## Risky

### Diet

- Eat steamed vegetables, grilled fish, and whole grains.

- Avoid high-fat dairy and fried food.

- Use herbs and spices instead of salt for flavor.

- Consume foods rich in potassium like bananas and spinach.

### Exercise

- Gentle walking for 15–20 minutes twice a day.

- Chair yoga or seated stretching exercises.

- Light balance training to prevent falls.

## Safe

### Diet

- Drink enough water to avoid dehydration.

- Eat fiber-rich meals for digestion.

- Include lean protein sources in each meal.

### Exercise

- Light activity such as gardening or walking daily.

- Gentle stretching before bedtime.

🩸 SECTION 2: DIABETES MANAGEMENT

# Young (<40)

## Risky

### Diet

- Eat low GI foods like quinoa, sweet potatoes, and lentils.

- Avoid sugary drinks, candies, and pastries.

- Include high-fiber vegetables with each meal.

- Pair carbs with protein to slow sugar absorption.

### Exercise

- Do resistance training 3 times/week.

- Walk for 15 minutes after each meal.

- Include active hobbies like cycling or sports.

## Safe

### Diet

- Eat balanced meals at regular times.

- Choose whole fruits over fruit juice.

- Limit processed snacks.

### Exercise

- Jogging or brisk walking 3–4 times/week.

- Play an outdoor sport once a week.

# Middle (40–59)

## Risky

### Diet

- Avoid refined flour and sugar.

- Eat more leafy greens and legumes.

- Have small, frequent meals to maintain sugar levels.

### Exercise

- Walk in the morning and evening for 20–30 minutes.

- Light strength training 2x/week.

## Safe

### Diet

- Snack on nuts and low-fat yogurt.

- Drink water throughout the day to prevent spikes.

### Exercise

- Morning walks 5 days/week.

- Stretch before and after exercise.

# Senior (60+)

## Risky

### Diet

- Eat soft, fiber-rich foods like oats and steamed vegetables.

- Avoid high-sugar fruits such as mangoes and grapes.

- Limit salt intake.

### Exercise

- Gentle walking after meals.

- Chair yoga or seated stretches.

## Safe

### Diet

- Have meals at fixed times.

- Avoid late-night snacks.

### Exercise

- Short strolls after each meal.

- Gentle stretching twice daily.

⚖️ SECTION 3: BODY FAT CONTROL

# Young (<40)

## High Body Fat

### Diet

- Stay in calorie deficit by tracking food intake.

- Avoid fried and fast food.

- Eat more protein and vegetables.

### Exercise

- Do circuit training 3x/week.

- Walk at least 10,000 steps daily.

## Low Body Fat

### Diet

- Eat calorie-dense healthy foods like nuts and avocados.

- Add whole grain carbs to each meal.

### Exercise

- Strength training 4x/week.

- Limit cardio to preserve muscle mass.

## Safe

### Diet

- Maintain balanced diet with variety of foods.

- Include seasonal fruits and vegetables.

### Exercise

- Mix cardio and strength training weekly.

# Middle (40–59)

## High Body Fat

### Diet

- Avoid sugary foods and drinks.

- Use smaller plates to control portions.

### Exercise

- Low-impact cardio 5 days/week.

- Strength training twice a week.

## Low Body Fat

### Diet

- Eat every 3–4 hours with calorie-dense snacks.

- Include dairy and lean meats.

### Exercise

- Strength training with light weights.

- Stretch regularly.

## Safe

### Diet

- Balanced macros with whole grains and proteins.

### Exercise

- Brisk walking 3–4 days/week.

# Senior (60+)

## High Body Fat

### Diet

- Light calorie deficit with nutrient-rich meals.

- Focus on easy-to-chew foods.

### Exercise

- Chair exercises and short walks.

- Stretch daily.

## Low Body Fat

### Diet

- Add soups, smoothies, and healthy fats.

- Eat small, frequent meals.

### Exercise

- Light resistance band exercises.

- Gentle yoga.

## Safe

### Diet

- Stay hydrated and eat fiber-rich meals.

### Exercise

- Gentle stretching and walking.