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American Institute For Preventative Medicine

Welcome Hope Lawless

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Actionable HRA

Results for Hope Lawless

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Sex

You answered: Female

## Are you pregnant?

You answered: No

**What is your waist circumference? To find this, place a measuring tape snugly around your middle, just above your hipbones. Do this while you stand relaxed. Do not pull in your stomach. Measure your waist just after you breathe out.**

You answered: Women: 61-86 centimeters

About that:

Good for you! Your waist circumference of less than 86 cm puts you at a reduced risk for type 2 diabetes, coronary heart disease, and high blood pressure.

## What is your blood pressure?

You answered: Less than 120 systolic and less than 80 diastolic

About that:

Congratulations! Your blood pressure is in the normal range. Follow a healthy lifestyle to help prevent HBP.

Get to and stay at a healthy weight.

Do regular physical activity.

Limit sodium to 2,300 milligrams (mg) per day; 1,500 mg if you already been diagnosed with HBP, , or are middle-aged and older.

If you choose to drink alcohol, limit it to:

No more than 2 drinks per day if you are male

No more than 1 drink per day if you are female or age 65 or older. (One drink = Small bottle (330 ml) regular beer, 150 ml table wine, 50 ml 80-proof liquor, whiskey, gin, vodka)

Eat 5 or more servings of fruits and vegetables a day.

Take prescribed medicines and follow other treatment measures for health conditions you have, such as diabetes and abnormal cholesterol levels.

## Blood Cholesterol

You answered: Based on a blood test, my total cholesterol was between 200 and 239 mg/dL.

About that:

Your blood cholesterol is borderline high. Take steps to lower your cholesterol:

Lose weight if you are overweight.

If you smoke, quit.

Do aerobic exercises, such as brisk walking, aerobic dancing, swimming, and jogging. Do the aerobic activity at least 20 minutes a day, 5 times a week. Warm up for 5-10 minutes before the aerobic activity and cool down for 5-10 minutes after it.

Eat a variety of whole-grain breads, cereals, and pastas; fruits and vegetables; and plant-based proteins, such as lentils, beans, and soy foods.

Eat fish, 2-3 times a week.

Choose foods with zero trans fat. This is in foods with hydrogenated vegetable oils, such as stick margarine and many snack foods. Read food labels.

Limit saturated fat. This is in animal sources of fat, such as lard, meat fat, and dairy foods with fat. Limit meat serving sizes. Limit dietary cholesterol to 300 milligrams a day.

Get 20-35 grams of dietary fiber per day, especially the water-soluble type of fiber found in oat bran, oatmeal, kidney and other beans, lentils, apples, oranges, and carrots.

Eat foods with plant sterols and stanols, such as margarines and salad dressings made with these.

Manage stress. See Stress Management Tips.

Take medication to control blood cholesterol, as advised.

## Cigarette Smoking

You answered: I do not smoke.

About that:

Good for you! Smoking is one of the worst things anyone can do for their health!

## Physical Activity

You answered: For at least 5 days in an average week, I spend between 10-30 minutes a day doing moderate physical

About that:

You are doing some activity, but you will benefit from doing more.

Sit less, move more.

Plan more time to be physically active during the week. Plan ones you enjoy and will look forward to doing either alone or with a family member, coworker, or friend.

Build up your pace over several weeks to get the recommended amount of physical activity for adults â Each week do:

At least 150 minutes (2½ hours) of moderate activity, such as brisk walking, dancing, or strenuous housework. For example, walk briskly for a total of 30 minutes a day for five days. You do not have to walk 30 minutes at one time. You can walk 15 minutes twice a day or 10 minutes 3 times a day. OR

At least 75 minutes (1 hour and 15 minutes) of vigorous activity, such as aerobic dancing, jogging, jumping rope, or swimming laps. OR

Some exercises from A and some from B. For example, during the week, walk for a total of 100 minutes and swim laps for 25 minutes.

Strengthening exercises at least twice. Examples are lifting weights and push- ups.

## Stress

You answered: During the past year, stress has had little or no effect on my health?

About that:

Good for you! You are able to manage stress in healthy ways.

## Sleep

You answered: I usually get 7 to 8 hours of sleep per night.

About that:

Continue getting the recommended amount of sleep per night for adults. Practice Healthy Sleeping Habits.

## Allergies

You answered: No

## Arthritis

You answered: No

## Asthma

You answered: No

## Back Pain

You answered: No

## Cancer

You answered: No

## **Chronic Bronchitis / Emphysema**

You answered: No

## **Chronic Pain**

You answered: No

## **Depression**

You answered: No

## **Diabetes**

You answered: No

## **Heart Problems**

You answered: No

## **Heartburn or Acid Reflux**

You answered: No

## **Headache or Migraine**

You answered: No

## **Osteoporosis**

You answered: No

## **Thyroid**

You answered: No

## **Stroke**

You answered: No

## **High Blood Pressure**

You answered: Father

## **Heart Problems**

You answered: Nobody

## **Diabetes**

You answered: Mother

## Cancer

You answered: Grandparent

## High Cholesterol

You answered: Mother

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