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American Institute For Preventative Medicine



Welcome Michelle

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Actionable HRA

Results for Michelle

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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 less than 200 mg/dL.

About that:

Good for you, it is desirable to have a total blood cholesterol less than 200 mg/dL.

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 6 hours of sleep per night

About that:

Aim for 7-8 hours of sleep per night. Practice Healthy Sleep Habits. Getting enough and good quality sleep helps you maintain good health and be able to function your best during the day.

You need sleep to:

Have energy and be productive

Think clearly and react quickly

Learn and remember things

Help your immune system fight infections.

A lack of sleep or getting poor quality sleep can lead to:

Anxiety, depression, and alcohol abuse.

Obesity

Heart disease

High blood pressure

Diabetes

Stroke

Gum disease

Accidents and an increased risk for injury and death. About 20% of all serious car crashes are linked to driver sleepiness. Also, workers with severe insomnia make 2½ times more serious work errors than persons who get proper sleep.

Alergies

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: Nobody

Heart Problems

You answered: Father

Diabetes

You answered: Father

Cancer

You answered: Sibling

High Cholesterol

You answered: Nobody

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