

 **Integrated Healthcare & Fitness Reference Guide**

*(Educational & Informational Use Only)*

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## 1. Purpose of This Document

This document serves as a **reference guide for healthcare and fitness recommendations**.

It is intended to support **general wellness education, fitness planning, and healthy lifestyle awareness**.

This document does **not provide medical diagnosis or treatment**.

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## 2. Basic Health Indicators

### 2.1 Age Categories

- Young adults: **18–35 years**
- Middle-aged adults: **36–55 years**
- Older adults: **56 years and above**

Fitness intensity and recovery needs vary by age group.

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### 2.2 Height and Weight

Height is measured in **centimeters (cm)** and weight in **kilograms (kg)**.

These values are used to calculate **Body Mass Index (BMI)**.

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## 3. Body Mass Index (BMI)

### 3.1 BMI Formula

BMI is calculated as:

$$\text{BMI} = \text{weight (kg)} \div (\text{height (m)})^2$$

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### 3.2 BMI Categories

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BMI Range	Classification
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Below 18.5	Underweight
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18.5 – 24.9	Healthy weight
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25.0 – 29.9	Overweight
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30.0 and above	Obese
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BMI is a general indicator and does not directly measure body fat.

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### **3.3 Health Interpretation of BMI**

- **Underweight:** May indicate insufficient nutrition
  - **Healthy weight:** Associated with lower health risks
  - **Overweight:** Increased risk of metabolic conditions
  - **Obese:** Higher risk of heart disease, diabetes, and joint issues
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## **4. Physical Activity Guidelines**

### **4.1 Recommended Exercise Levels**

- Moderate-intensity exercise: **150–300 minutes per week**
  - Vigorous-intensity exercise: **75–150 minutes per week**
  - Strength training: **2–3 sessions per week**
  - Daily step target: **7,000–10,000 steps**
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### **4.2 Exercise Intensity Levels**

- **Sedentary:** Minimal physical activity
- **Lightly active:** Walking, cycling, swimming
- **Highly active:** Regular sports or structured training

Exercise programs should match the individual's activity history.

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## **5. Nutrition and Hydration Guidelines**

## **5.1 Daily Nutrition Recommendations**

- Fruits and vegetables: **400–500 grams per day**
  - Protein intake: **0.8–1.0 grams per kg body weight**
  - Whole grains: **3–5 servings per day**
  - Added sugar: **< 25 grams per day**
  - Salt intake: **< 5 grams per day**
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## **5.2 Hydration**

- Water intake: **2–3 liters per day**
- Increased hydration needed during exercise or hot weather

Proper hydration supports digestion, circulation, and temperature regulation.

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## **6. Sleep and Recovery**

### **6.1 Recommended Sleep Duration**

- Adults: **7–8 hours per night**
  - Sleep efficiency target: **≥ 85%**
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### **6.2 Recovery Guidelines**

- Rest days per week: **1–2 days**
- Stretching duration: **5–10 minutes post-exercise**
- Screen-free time before sleep: **30–60 minutes**

Adequate recovery reduces injury risk and improves performance.

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## **7. Preventive Health Metrics**

### **7.1 Common Health Ranges**

- Normal blood pressure: **< 120/80 mmHg**
- Fasting blood sugar: **70–99 mg/dL**
- Total cholesterol: **< 200 mg/dL**

- Healthy BMI range: **18.5–24.9**
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## **7.2 Preventive Care Frequency**

- General health checkup: **Once per year**
  - Blood tests: **As recommended by healthcare providers**
  - Vaccinations: **As per national guidelines**
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## **8. Lifestyle Recommendations**

### **8.1 Healthy Daily Habits**

- Sleep consistency: Same bedtime daily
  - Screen time (non-work): **< 2 hours/day**
  - Alcohol intake:
    - Women: **≤ 1 drink/day**
    - Men: **≤ 2 drinks/day**
  - Smoking: **Avoid completely**
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## **9. Fitness Goal Considerations**

### **9.1 Muscle Building**

- Requires adequate protein intake
  - Progressive strength training
  - Sufficient sleep and recovery
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### **9.2 Fat Loss**

- Calorie balance management
  - Regular cardiovascular exercise
  - Consistency over time
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## **10. Disclaimer**

This document provides **general health and fitness information only**. It does not replace medical consultation or professional healthcare advice. Individuals should consult qualified professionals before starting new fitness or nutrition programs.

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## **11. Conclusion**

A healthy lifestyle combines balanced nutrition, regular physical activity, adequate sleep, and preventive care.

Following evidence-based quantitative guidelines can improve long-term health and fitness outcomes.