

Wellness Profile

Mary Sample

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Overall Wellness

The following wellness scores measure health habits that you have control of. The objective score shows how much you are actually doing while the perceived score shows how much you think you are doing. This report explains how you can reach 100% on your wellness score.



You are doing more for your health than you think you are, but there is still room for improvement. Read this report and look for additional improvements you can make in your lifestyle.

Where to Target

When you decide to make behavior changes it is helpful to focus on one behavior area at a time. A common method is to select the behavior area that needs the most improvement. The following sections in this report provide information on how to change your behavior in the areas listed below.



Your Area of Interest: Exercise

Another method is to focus on the behavior area you are most interested in. A high level of interest is a motivating factor that will help you achieve success. A successful experience will build your confidence and lead you to try other behavioral changes.

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Exercise

Good Work

Aerobics 30-60 min/day
Vigorous aerobics
Warm up/cool down
Strength training

Needs Improvement

Aerobics 3+ days/week
Flexibility exercise
Abdominal exercise

In 1996, the U.S. Surgeon General made the statement that exercise is important for good health. It has a positive effect on your body weight, bone strength, cardiovascular system, and your sense of well being. An inactive lifestyle is now considered to be a health hazard.

The minimum exercise goal is 30 minutes of moderate-intensity physical activity on most days of the week (5-6 days/week). The 30 minutes need not be consecutive, and can be accumulated over the course of the day. Activities such as walking from your car to work, using the stairs instead of the elevator, house work, gardening, and job activities like climbing, lifting, and pushing can all count towards the 30 minute daily goal.

It is important to understand that accumulating 30 minutes of moderate-intensity activity over the course of a day is a minimum goal. Additional health benefits may be acquired by performing more vigorous aerobic exercises where your breathing and heart rate are elevated for at least 20 minutes. Examples of aerobic exercises are fast walking, in-line skating, running, hard cycling, swimming, or vigorous sport games. If you decide to increase your level of exercise and are over age 35, it is a good idea to talk with your doctor.

Mary, you have established a good habit of regular aerobic exercise. In order to maximize the benefits you might consider adding another day or two to your aerobic exercise program. A routine of 3-5 days per week will maximize benefits.

Performing aerobic exercise for 30-60 minutes each session is the best way to control your body weight and gain other important health benefits. Verify that your exercise heart rate is within the training heart rate zone for most of your workout time.

You have established the important exercise habits of warm-up and cool-down. Warming up before exercise decreases the chance of muscle injury during the upcoming activity. Your warm-up routine should include 3-5 minutes of light activity followed by stretching exercises. Cooling down after vigorous exercise helps to reduce muscle soreness, dizziness, and the possibility of fainting. The cool-down should include 5 minutes of light activity (or until heart rate is below 120 bpm) followed by stretching exercises.

It's great that strength training is a part of your exercise program. Regular strength training has a positive effect on body fat content, aerobic fitness, blood-sugar balance, and bone density. It can also reduce risk of joint injury and allow you to perform daily activities with greater ease. A good strength training program should include 2-3 sessions per week with exercises that require lifting, pushing, pulling, and leg work. Select weights that cause fatigue after 10 lifts. A 5 minute warm-up is recommended before vigorous lifting. Move each body part through the full range of motion, first

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without resistance, then with light resistance.

Weak abdominal muscles can be the cause of low back pain so it's good that you do abdominal strengthening exercises. Consult with an exercise specialist for more information about your strength training program.

It's good that you are doing some stretching exercises but you may want to consider doing more. For optimum results you need to perform 5 minutes of stretching exercises 3-5 times a week. Maintaining joint flexibility is important for good posture, efficient body movement, and reduced risk of muscle and joint injury. Furthermore, good flexibility in the legs and hip region can help prevent low back pain.

To develop good flexibility, slowly stretch the target joint area until you reach a point of slight discomfort. Hold this position for 15-30 seconds. Relax and then repeat the stretch 3-5 times. Consult with an exercise specialist for more information about flexibility exercises.

If you have trouble finding time for exercise, you are not alone. Finding an extra 30 minutes a day can seem like an impossible task. The key to this problem is to put exercise high on your list of priorities.

Consider, for instance, waking up earlier and doing a workout first thing in the morning. Although time in bed may be reduced, the quality of sleep may compensate. If you are not a morning person and your normal day does not allow any breaks, try exercising in front of the 6 o'clock news in the evening.

Use exercise as a part of your social life. Walking, jogging, or biking with your family and friends can be high quality time. Once you get into the exercise habit and experience the increased sense of well-being, you will find it much easier to find the time for exercise.

Nutrition

Good Work

Usually eat breakfast
Eat calcium rich foods
Low fat diet
Choose low fat foods
Low salt diet
Read nutrition labels
Moderate alcohol intake

Needs Improvement

Eat more fiber

By eating breakfast you are providing your body the energy it needs to make the morning productive. Verify that your breakfast is a low-fat meal. Cereals, bagels, low-fat yogurt, milk, and fresh fruit are examples of some low-fat, high-energy meals.

Calcium is an important mineral the body needs all through your life to build and maintain bone strength. Three servings of dairy products (choose non-fat or low-fat) or green leafy vegetables

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each day will help you maintain your bone strength. Continue your current diet to keep your bones healthy.

A diet high in fiber is associated with a decreased risk for colon cancer and breast cancer. It can also reduce risk for heart disease by lowering blood cholesterol. Your current diet meets the recommended intake of 25-40 grams of fiber per day. Continue to eat 5-7 servings of foods like beans, whole grains, cereals, fruits and vegetables each day.

Mary, a diet low in fat can decreased your risk for heart disease and cancer. It can also keep your weight down. You are on the right track by choosing foods that are low in fat and cholesterol. To improve your diet, try substituting low-fat or non-fat milk for whole milk, poultry or fish for red meat, broiled foods for fried foods and fruit for desserts. Read the nutrition labels on food packages to avoid fat and cholesterol. Limit the fat calories in your diet to less than 30% of the total calories consumed.

A diet high in sodium (salt) is associated with increased risk of high blood pressure. Although you may not always add salt to your food, there are ways to further reduce your sodium intake. At the table, only add salt to food after you have tasted it. You may find that extra salt is not needed. Experiment with herbs, spices, and special vinegar to add flavor to your meals without adding salt. Avoid foods high in sodium like chips and other snack foods.

Most food packages have a nutrition label that contains important information about the food inside. It's good that you read these labels most of the time. Nutritional label information will help you achieve the dietary goals presented in this report.

For most people, moderate alcohol drinking is not a problem. Moderate drinking is defined as 1-2 drinks per day where one drink is 5-6 ounces of wine, 12 ounces of beer, or 1.5 ounces of 80 proof spirits. When drinking exceeds the moderate level for long periods of time, there is an increased risk of cancer and liver disease. Heavy alcohol drinking, even over a short period of time, can lead to legal, occupational, and relationship problems.

You indicated that you usually have 1-7 alcoholic drinks a week but never more than 2 drinks per setting. This is a moderate level of alcohol consumption and is OK.

Safety

Good Work

No drunk driving
Always wear safety belt
Always wear bike helmet
Have smoke detectors
Lift objects properly

Needs Improvement

Drive safely
Use more sun protection

More than 50% of all fatal automobile accidents are alcohol related. By making the decision to never ride in a car when the driver is under the influence of drugs or alcohol, you are taking the right steps to reduce your risk of being involved in a serious automobile accident.

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Driving or riding in an automobile is dangerous, but you have reduced your risk of injury by always using a safety belt. Be sure all the other people in the car are wearing a safety belt.

Driving or riding in an automobile is dangerous, but steps can be taken to reduce your risk of injury. Although you often wear a safety belt, make it a habit to buckle up every time you get in a car. Be sure all the other people in the car are wearing a safety belt.

You indicated that you often wear sunscreen or protective clothing when you are in the sun. This is a good, healthy practice because prolonged exposure to the sun can cause deadly skin cancer. Consider protecting yourself even further by wearing protective clothing and sunscreen every time you work or play outside. Have your doctor show you how to inspect yourself for skin cancer.

It's great that you always wear a helmet when you ride a bicycle or motorcycle because head injury is the major cause of death in bike accidents. Continue this safety habit to protect yourself in the event of a crash. Verify that your helmet meets the U.S. performance standards of SNELL or ANSI.

A smoke detector is a valuable safety device that has saved thousands of lives. By installing smoke detectors near the sleeping areas of your home you are protecting yourself and your family from fire injury. Please check your smoke detectors once a month for proper function and good batteries.

Mary, it's great that you are aware of the proper way to lift objects. As you know, lifting correctly is one way to prevent back injuries. As a reminder, the proper lifting technique is to bend at your knees and use your leg muscles to lift objects up and down. Keep your back straight, head and shoulders up and the load close to your body at waist height. Do not twist when lifting and avoid lifting objects above your shoulders.

Tobacco

Good Work

Avoid second hand smoke
Don't use tobacco
Don't smoke cigarettes

Needs Improvement

Tobacco in any form is a danger to the person using it. Heart disease, emphysema, and various forms of cancer are all consequences of tobacco use. Cigarette smoking is now regarded as the number one preventable cause of premature death. Mary, it's good that you do not use tobacco. Continue to practice this healthy behavior.

Second hand smoke is the smoke coming from the burning end of a cigarette, pipe, or cigar. Because this smoke is not filtered, it contains high concentrations of hazardous substances. Constant exposure to second hand smoke can lead to the same health problems as cigarette smoking. You have indicated that you have little or no exposure to second hand smoke. Maintain this lifestyle to protect your body from this health hazard.

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Stress

Good Work

Able to cope with stress
Good sleeping patterns
Get support from others
Never get irritated
No sense of struggle

Needs Improvement

Currently under stress
Reduce tense feeling
Slow down, relax more

Stress is the way you react to the physical and emotional challenges in your life. Both good and bad events can cause stress. If you are under stress for prolonged periods of time your health can suffer. Physical reactions to stress include increased blood pressure, back pain, headaches, and intestinal problems. Other symptoms of uncontrolled stress include irritability, increased smoking, fatigue, and a decreased ability to concentrate. You can see that it is important to manage the stress in your life.

Mary, being aware of your stress level is the first step to managing stress effectively. You indicated that stress has not been much of a problem this past year but may now be high enough to affect your health. Please read all of this section to see if there are any indications of stress in your life. If so, you need to identify the cause of your stress and find ways to cope with it.

One of the indicators of stress is a poor sleeping pattern. A good sleeping pattern starts with a tranquil unwinding period before you go to bed. You should be able to fall asleep quickly and stay asleep for 7-8 hours. In the morning you should feel rested and full of energy. You indicated that your sleep pattern is OK.

It is common to feel tense, anxious, or upset from time to time. Try to identify the cause of your anxiety so you can reduce the frequency of these stressful events. If these feelings become constant, you need to take serious action to find the cause of your anxiety and learn how to cope with it.

You indicated that you occasionally find yourself becoming irritated or annoyed with others. You must learn to cope with this common source of stress. It is important not to let your irritation build to the point where it becomes hazardous to your health. Practice letting go of your irritation by forgiving and forgetting.

Another symptom of stress is a chronic sense of struggle with daily events. It is good to hear that you never have this feeling. You must have found a good balance between work and play in your life.

If your friends and relatives suggest that you should slow down, it's a sure sign you are under stress. A fast-paced lifestyle, where one is always trying to do more in less time, is definitively associated with future health problems. Take you friends' advice and slow down. Consult a health professional for more information on relaxation techniques.

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A personal loss or misfortune is an emotional event that can have a negative impact on your health. Give yourself some time to cope with the loss and look for support from your church, family and friends. Do whatever you can to recover from the loss and regain your satisfaction with life. At some point it is helpful to get back to normal daily activities and let the misfortune fade away in time.

It's great that you have people in your life who can give you emotional support. This is a powerful weapon against stress. Maintain these relationships and do not be afraid to ask for help. True friends care about you and understand the important role they play in your life.

There will always be stress in your life. The important factor is how well you cope with it. If you are unsure about how well you are dealing with stress, read this section again. If you have one or more of the stress symptoms described here, you need to improve your coping skills. You can try to control the stress by yourself or seek advice from a health professional. There are many stress-coping techniques that are easy to learn.

Additional Comments

The following information describes other actions you should take to prevent future illness. Some of these actions you can do yourself and some require a health-care professional. If your medical check-ups do not include these actions, don't be afraid to ask for them. Also, remember to ask your health-care professional for more information about those health topics that interest you.

Physical Check-up

The annual physical exam is no longer routinely recommended. Your individual physician may have specific recommendations for you based upon your personal and family history. As a general rule, if you are between the ages of 20-35, you should get a physical exam every five years. If you are between the ages of 36-49, a physical exam is recommended every two years. An annual exam is recommended only for those over age 49.

Breast Exam

It is important to see a qualified health professional for a breast exam on a regular basis. If you are between the ages of 20-39, this should be done once every three years. If you are over age 40, ask for a breast exam once a year.

A mammogram is an X-ray of the breast used to detect breast cancer too small to be felt by a doctor. If you are between the ages of 40-49, this exam is recommended every 1-2 years. After age 50, a mammogram is recommended every year. If you have a family history of breast cancer, discuss the frequency of mammograms with your doctor.

Pap Smear

The Pap smear is a test for cervical cancer. It is recommended that women who have been sexually active or reached the age of 18 have an annual Pap smear with a pelvic exam. Your doctor may decide to perform the test less frequently.

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Colo-Rectal Exam

The American Cancer Society recommends that women over the age of 40 should have an annual examination for colon or rectal cancer.

Osteoporosis

In osteoporosis, the bones become brittle, weak and more susceptible to fracture. The best way to take care of your bones is to do exercises that involve walking, jogging, jumping or lifting, and eat a calcium-rich diet. Ask your health-care professional about your specific calcium requirements.

Skin Self-Exam

Skin cancer is one of the most common forms of cancer. Because most doctors do not examine your entire skin area, it is important you perform a thorough self-exam at least once a month. Enlist a friend's help to examine hard-to-see areas like the back. Ask your health-care professional for information on how to perform this self-exam.

Sexually Transmitted Diseases

Ask your health-care professional about the actions that would put a person at high risk for contracting a sexually transmitted disease. If you believe you are at risk, the first step is to get the appropriate medical tests. Most of these diseases can be cured or controlled with treatment.

Dental Care

Prevention of dental disease starts with regular visits to a dentist and information on how to care for your teeth and gums. See your dentist twice a year for cleanings and a check-up. Brushing at least twice a day (after meals and snacks) is one method of preventing tooth decay. Flossing 1-2 times a day cleans the plaque from your teeth where a toothbrush cannot reach.