

# Personal Profile

For

**Rich Dafter**

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Provided by

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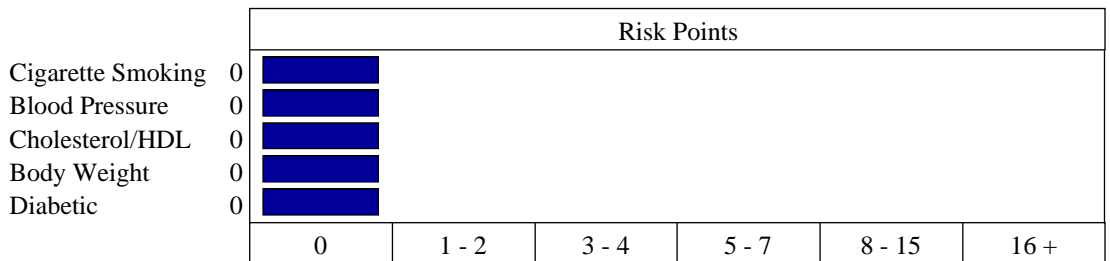
# HEART DISEASE

Coronary heart disease is the most common form of heart disease and the leading cause of death in the United States. In this country, it is estimated that 550,000 people die each year from coronary heart disease, and that one American in four currently suffers from some type of heart or blood vessel disease. Many of these deaths could be avoided by simply understanding the risk factors associated with coronary heart disease and what steps you can take to reduce your risk.

Primary Risk Factors: Cigarette smoking, high blood cholesterol, hypertension (high blood pressure) and physical inactivity.

Secondary Risk Factors: Age (risk increases with age), excess body fat, male sex and family history of heart disease.

## YOUR RISK FACTORS



## YOUR RISK FOR HEART DISEASE

Low	Low-Mod	Mod-High	High	Very High
[Bar chart showing 0 points]				
0 - 2	3 - 4	5 - 7	8 - 15	16 +

Rich, from the graph you can see that you have a Low risk of developing heart disease for a 52 year old male. Follow the recommendations below to keep your risk low.

## RECOMMENDATIONS

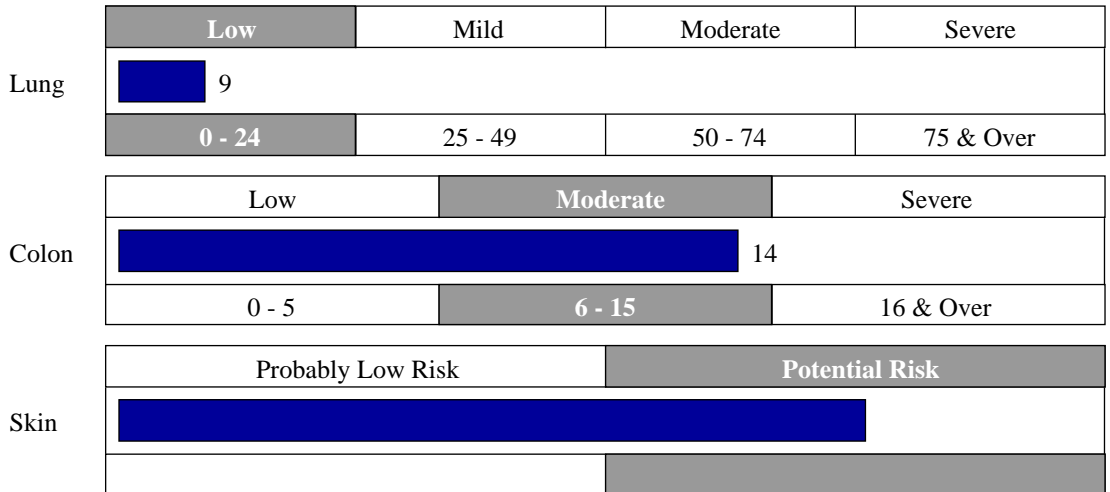
- Continue to avoid smoking. Smoking would add up to 9 risk points to your score.
- Have your blood pressure checked regularly even though it's in the good range.
- To keep your cholesterol from becoming elevated, avoid foods high in saturated fats and cholesterol ( whole milk, cheese, eggs, butter, fatty foods and fried foods).
- Continue to maintain a healthy weight.
- Stay physically active. Physical inactivity, besides being a risk factor for heart disease, contributes to other risk factors including obesity, high blood pressure and a low level of HDL cholesterol.

# CANCER

Cancer is the uncontrolled growth and spread of abnormal cells. If the cancer is not controlled, it will result in death. However, many cancers can be cured if detected and treated promptly, and many others can be prevented by lifestyle changes.

It's estimated that in 1990 alone, 1,040,000 people were diagnosed as having cancer. Approximately 30% of all Americans now living (about 76 million people) will eventually have cancer.

## YOUR RISK FOR CANCER



## CANCER TIPS

Remember, 60-80 percent of all cancers are preventable and about 50 percent are curable. Use the following tips and warning signs to help you avoid cancer.

- Eat more cabbage-family vegetables
- Add high fiber foods to your diet
- Respect the sun's rays
- Choose foods high in vitamins A & C
- Trim fat from your diet
- Stay clear of tobacco
- Go easy on alcohol
- Maintain a healthy weight

### WARNING SIGNS - American Cancer Society

- Sudden change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge.
- Thickening or lump in breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness.

# DIABETES

Diabetes can be defined as an insulin deficiency that interferes with your body's metabolism. The uncontrolled diabetic is unable to transport glucose (sugar) into fat and muscle cells, and as a result, there is an increased breakdown of fat and protein. Diabetes affects 10 million people in the United States, and 600,000 Americans are diagnosed annually as having the disease.

Although diabetes is hereditary, several studies suggest that overweight and obese individuals have a greater chance of developing diabetes than do people at or near their ideal weight.

## YOUR RISK FACTORS

	Low	Moderate	High
Weight	0		
Exercise	0		
Age	5		
Sibling with Diabetes	0		
Parent with Diabetes	0		
	0	1 - 5	6 +

## YOUR RISK FOR DIABETES

	Low	High
5		
	0 - 9	10 +

Rich, you scored 5 risk points and are probably at Low risk for having Type II diabetes now, but don't just forget about it, especially if you are Hispanic, African American or Native American. You may be at risk in the future.

## DIABETES TIPS

### SYMPTOMS OF DIABETES American Diabetes Association

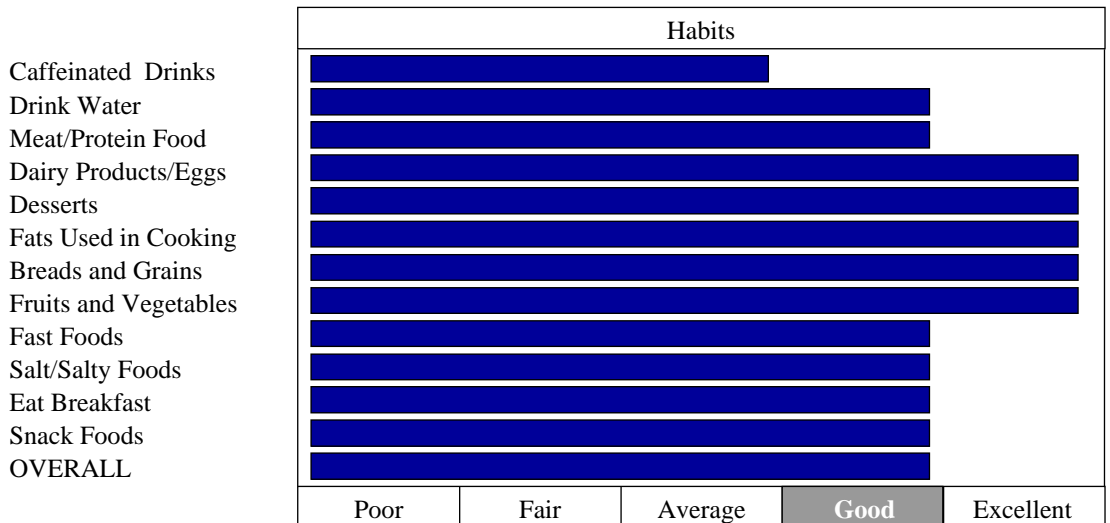
- Excessive thirst
- Frequent urination
- Extreme fatigue
- Unexplained weight loss
- Blurred vision

For more information on diabetes, its treatments, and diabetes programs and resources available in your area, you may contact your local American Diabetes Association Office. Numbers are listed in the white pages of the phone book.

# NUTRITION

Good nutrition is essential for maintaining health and providing the energy necessary for optimal physical and mental performance. Poor nutrition is a significant risk factor in many of the leading causes of death in the U.S. including coronary heart disease, cancer, stroke and diabetes. Your current nutritional status for each factor listed below is rated from Poor to Excellent on the nutrition habits scale.

## YOUR NUTRITION HABITS



Rich, from the graph you can see that your overall nutrition ranking is Good. Congratulations, keep up the good work. Ideally you want to score Good or Excellent in all the categories above.

## NUTRITION TIPS

Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grain breads and vegetables. Pay close attention to the personal recommendations below marked with a ■'.

- Fish or white meat poultry is preferable to red meats. Vegetable proteins, such as beans and grain/nut mixtures, are good substitutes for meats.
- Use low or nonfat milk and dairy products in place of butter, cream and cheese.
- Use vegetable oils and margarine in place of solid or animal fats.
- Choose whole grain breads, rolls, muffins, pancakes and cereals instead of white bread & rice, refined/sweetened cereals, and white flour baked goods.
- Eat 4-5 servings/day of fresh fruit and vegetables. They are high in nutrition and low in fat and calories.
- Avoid eating typical fast foods such as burgers, fries, pizza, etc. Instead, eat soup and salad and other low-fat meals, or pack your own lunch.
- Eat very sparingly of salt and salty foods; chips, pickles, soy sauce, etc.
- Eat a good breakfast every morning for optimal physical and mental performance.
- Avoid frequent eating of high fat snack foods (potato chips) between meals.

# CARDIOVASCULAR

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Cardiovascular fitness is the ability of the heart, lungs and circulatory system to supply oxygen and nutrients to working muscles efficiently, and allows activities that involve large muscle groups (walking, running, swimming, biking, etc.) to be performed over long periods of time. From a health standpoint, cardiovascular or aerobic fitness is generally considered to be the most important of the fitness components.

<b>Cardiovascular Assessment</b>	
Protocol: Field Tests	METS Achieved: 17.3
Test: 12 Minute Run/Walk	Max VO <sub>2</sub> : 60.7

Rich, from the results of the Field Tests assessment, your maximum oxygen consumption is calculated to be 60.7 ml/kg-min. Maximum oxygen consumption (abbreviated Max VO<sub>2</sub>) is a measurement of the maximum rate your body can consume and process oxygen during exercise. The higher your Max VO<sub>2</sub>, the better your cardiovascular fitness.

## YOUR RANKING

	Very Poor	Poor	Fair	Good	Excellent	Superior
<b>60.7</b>						
ml/kg-min	< 30.15	30.15 - 33.75	33.76 - 36.64	36.65 - 39.52	39.53 - 45.30	> 45.30

Comparing your results with other males between the ages 50 - 59, places you in the 99th percentile and the Superior cardiovascular fitness classification.

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## REGULAR CARDIOVASCULAR EXERCISE CAN

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- Reduce your risk of heart disease
- Lower elevated blood pressure
- Reduce blood cholesterol
- Increase circulation and improve performance of your heart and lungs
- Help you look and feel better

# STRENGTH

Muscular strength is very important to your overall health and fitness. Adequate levels of strength are necessary to perform your daily routines at home and work, without excessive fatigue or stress. Higher levels of muscular fitness also reduce the incidence of lower back pain and injury to the musculoskeletal system. Strong muscles also assist your cardiovascular system in sustaining physical activity.

Strength Assessment	
Pushups: 45	Situps: 45

## YOUR PERCENTILE RANKING

	Poor	Fair	Average	Good	Excellent
Pushups					
Situps					
	0 - 20	21 - 40	41 - 60	61 - 80	81 - 100

Rich, from the graph above you can see your strength classification when compared with other males between the ages 50+. Ideally, you want to score in the Healthy Range. Follow the tips below to improve your strength.

## STRENGTH TRAINING TIPS

A well-rounded strength training program includes at least one exercise for each of the major muscle groups in your body. Minimally, you should include one core exercise for the lower body and two core exercises for the upper body. To avoid muscle fatigue, you should arrange your program so that successive exercises do not involve the same muscle group. This principle may be applied by using the following order for weight training exercises:

- 1) Thighs and hips
- 2) Chest and upper arms
- 3) Back and thighs
- 4) Legs and ankles
- 5) Shoulders and arms
- 6) Abdomen
- 7) Forearms
- 8) Wrists

# MEAL PLANNER

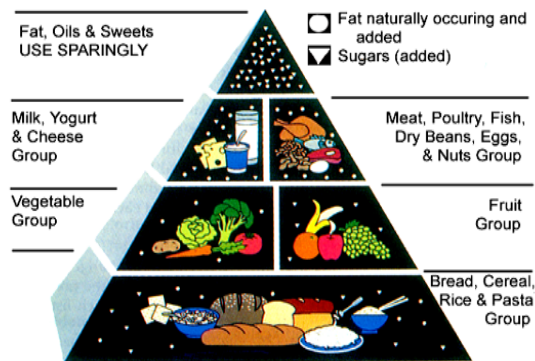
## General

Rich, you have selected to follow a healthful eating plan. If you are following a prescribed diet for a medical condition, please consult your physician before following this plan.

Eating a well balanced diet, in combination with exercise, is one of the most effective ways to improve your overall health. A healthful diet will decrease your risk for developing coronary heart disease, cancer, stroke and diabetes while at the same time increase your physical and mental energy levels. In addition, a healthy diet can significantly improve fitness performance levels. Remember, this is a long-term eating plan. It takes time to acquire new tastes and change eating preferences. Once you are accustomed to eating lower fat foods and making more nutritious choices, the high fat foods will lose their appeal.

Tips for more healthful eating:

- Eat the recommended servings of fruits and vegetables
- Do not skip meals or snacks
- Read the labels of the foods you buy



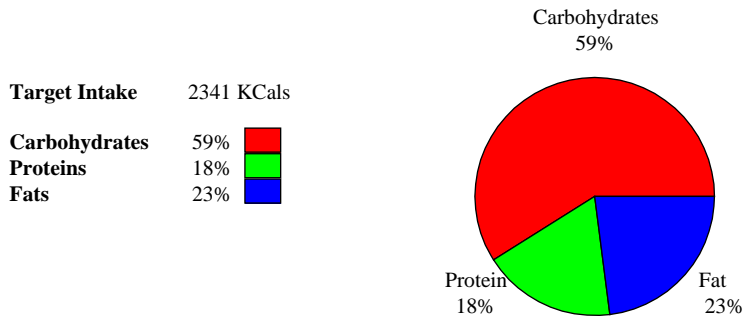
### SWITCH FROM

Hamburger, meatloaf, prime rib, etc.  
Poultry with skin  
Fried chicken or fish  
Whole or 2% fat milk  
Regular cheese  
Cookies, cake, pie  
  
Beef taco, taco salad  
Pizza with meat

### SWITCH TO

Ground turkey breast, veggie burger  
Skinless poultry  
Broiled, grilled, or roasted chicken or fish  
1% or skim milk  
low-fat cheese  
Fig bars, graham crackers, angel food cake  
Bean burrito, "light" chicken taco  
Pizza with vegetables

# MEAL PLANNER



The exchange list is an easy and flexible way to follow a balanced diet that is customized to your individual needs. There are 6 exchange groups and a free food group. The exchange groups include: Starch/Grains, Fruit, Milk, Vegetable, Meat and Fat. The foods are grouped together because each serving has about the same amount of carbohydrate, protein, fat and calories. Free foods have less than 20 calories or less than 5 grams of carbohydrates per serving. Foods on the list below can be "exchanged" or traded for any other food on the same list. The total number of calories per meal are listed on the right side of each meal header.

Helpful healthy tips for the preferences you chose are listed in the Preference Tips section for each meal and snack. Your recommended daily total servings and the number of servings per meal are listed below. To insure proper caloric and nutrient intake, make sure you achieve the recommended daily totals. For a more detailed list of foods in each food group, ask your wellness consultant for the "Exchange List" pamphlet.

Remember:

- Make changes slowly, add a healthy habit each week
- Use more healthful cooking methods such as baking instead of frying
- Take your time when you eat to prevent over-stuffing
- Drink 8-10 glasses of water every day
- Plan ahead for each meal

## DAILY SERVING TOTALS

Daily Servings	Breakfast	Lunch	Dinner	Snack 1	Snack 2	Total	Calories
Starch/Grains	3	3	3	0	0	9	720
Fruit	2	2	2	1	1	8	480
Milk	2	1	1	0	0	4	300
Vegetable	0	3	4	1	1	9	225
Meat	1	1	2	0	0	4	220
Fat	2	2	4	0	0	8	360

# MEAL PLANNER

<b>BREAKFAST# Serving</b>		<b>655 Kcals</b>
Starch/Grains	3 240 Cal	1/2 bagel, 1 slice bread (toast), 1/2 english muffin, 1 slice raisin bread 1 4.5" waffle (includes 1 fat), 2 4" pancakes (includes 1 fat) 3/4 cup unsweetened cereals (Cheerios, Rice Krispies, Raisin Bran, etc.) 1/2 cup other cereals (Captain Crunch, Lucky Charms, Coco Puffs, etc.) 1/4 cup Grape-Nuts 1/2 cup oatmeal 1 small potato, 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed)
Fruit	2 120 Cal	1 small to medium fresh fruit (apple, orange, pear, banana) 1/3 cantaloupe or honeydew, 1/2 large grapefruit, 17 grapes, 12 cherries 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
Milk	2 150 Cal	1 cup skim, 1% or 2% milk 3/4 cup plain low-fat or fruit yogurt
Vegetable		1/2 cup tomato or vegetable juice 1/2 cup cooked broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini 1 cup raw broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini
Meat, Fish, Poultry, Bean, Peas, Nuts	1 55 Cal	1/4 cup egg substitutes, 2 egg whites 1 oz lowfat cheese 1 oz lean pork, chicken or turkey 1 oz sausage with 1 gram fat per oz or less 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch
Medium Fat		1 egg 1 oz sausage with 3 grams fat per oz 1 oz feta or mozzarella cheese, 1/4 cup ricotta cheese, 1/2 cup tofu 1 oz ground beef, corned beef or fat trimmed meat
Fats	2 90 Cal	1 tsp margarine or butter 2 Tbsp coffee cream or Half & Half 1/8 (1 oz) avocado, 1 tsp oil, 2 Tbsp sour cream 1 slice bacon
Free Foods		1 Tbsp fat-free cream cheese, non-dairy creamers, 4Tbsp fat free margarine 1 Tbsp catsup herbs, spices, diet soft drinks (sugar free), lemon juice, coffee, tea

# MEAL PLANNER

## BREAKFAST PREFERENCE TIPS

- Use skim milk in your cereal instead of whole milk or 2%.
- Granola is generally higher in fat than other cereals. Read the label before you buy them.
- When cooking eggs, use a non-fat cooking spray instead of oil.
- Instead of using meat in your omelet, try vegetables like broccoli, mushrooms and low-fat cheese.
- Add nuts or whole grains to pancake and muffin mixes.
- Use apple sauce instead of oil when baking pancakes, muffins or rolls.
- Mix grape nuts or other high fiber cereal in your yogurt
- Cranberry and blueberry juice contains enzymes which helps to prevent urinary tract infections.

LUNCH # Serving		655 Kcals
Starch/Grains	3 240 Cal	1 slice of bread, 1/2 hot dog or hamburger bun, 1 small roll, 1 flour tortilla 1/2 cup pasta, 1/3 cup rice 3 oz (20) french-fried potatoes (includes 1 fat), 1 small potato 1/2 cup corn, peas, mashed potatoes, yams  3/4 cup pretzels, 3/4 cup fat free snack chips
Fruit	2 120 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
Milk	1 75 Cal	1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
Vegetable	3 75 Cal	1/2 cup cooked broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini 1 cup raw broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini. 1/2 cup tomato or vegetable juice
Meat, Fish, Poultry, Bean, Peas, Nuts	1 55 Cal	1 oz meat (tuna, chicken, turkey, lean ham, sandwich meat) 1 oz fish (cod, flounder, haddock, halibut, tuna, herring, salmon) 1 oz cheese with 3 grams or less fat 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch
Medium Fat		1 oz (ground beef, meatloaf, corned beef, prime grades of meat, pork top loin or chop, lamb rib roast, veal cutlet, chicken dark meat, ground chicken and turkey) 1 oz any fried fish 1 oz mozzarella or feta cheese
Fats	2 90 Cal	2 tsp peanut butter 1 Tbsp regular salad dressing, 2 Tbsp reduced-fat salad dressing 2 tsp regular Miracle Whip salad dressing (1 Tbsp reduced fat)
Free Foods		1 Tbsp catsup, fat free mayonnaise or Miracle Whip 1 Tbsp fat free salad dressing, 1/4 cup salsa, spices, sugar free soft drinks, mustard

# MEAL PLANNER

## LUNCH PREFERENCE TIPS

- Buy the leanest grades of meat. "Select" grades of meat are the leanest meats. Choice grades contain more fat, and prime cuts have the highest amount of fat.
- Toss pasta with sautéed vegetables such as green peppers, onions, mushrooms and or squash.
- "Hamburger" can contain added seasoning and fat, but ground beef does not.
- Avoid cream based soups such as clam chowder. They have more fat and are less nutritious than vegetable or minestrone soups.
- Mix yogurt with fresh fruit for dessert.

DINNER		# Serving	825 Kcals
Starch/Grains	3	240 Cal	1/2 cup pasta (spaghetti, linguini, etc.), 1/3 cup rice 1 slice of bread, 1/2 hot dog or hamburger bun, 1 small roll, 1 flour/corn tortilla 1 small potato, 1/3 cup baked beans, 1 cup squash, 1/2 cup sweet potato 2/3 cup lima beans, 3 tbsp miso 3/4 cup pretzels, 3/4 oz fat-free snack chips
Fruit	2	120 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 1 1/4 cup strawberries or cubed watermelon 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
Milk	1	75 Cal	1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
Vegetable	4	100 Cal	1/2 cup cooked (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini, carrots, eggplant, kohlrabi, leeks, beets, artichoke, artichoke hearts, asparagus, green beans), 1 cup raw (broccoli, cauliflower, celery, mushrooms, tomatoes, carrots, water chestnuts, watercress) 1/2 cup tomato or vegetable juice
Meat, Fish, Poultry, Bean, Peas, Nuts	2	110 Cal	1 oz shellfish (clams, crab, lobster, scallops, shrimp) 1 oz beef (sirloin, tenderloin, roast) 1 oz steaks (T-Bone etc.) 1 oz lean pork, chicken or turkey 1 oz fish (herring, salmon, catfish, tuna) 1/2 cup beans (garbanzo, pinto, kidney, white, split, black-eyed) plus 1 starch 1/4 cup nonfat or lowfat cottage cheese, 1 oz low fat cheese
Medium Fat			1 oz (ground beef, meatloaf, corned beef, prime grades of meat, pork top loin or chop, lamb rib roast, veal cutlet, chicken dark meat, ground chicken and turkey) 1 oz any fried fish 1 oz feta or mozzarella cheese, 1/2 cup tofu
Fats	4	180 Cal	2 Tbsp reduced fat salad dressing, 2 Tbsp sour cream 1/8 avocado, 8 olives 1 tsp oil, 1 tsp mayonnaise
Free Foods			1 Tbsp catsup, fat free mayonnaise or Miracle Whip 1 Tbsp fat free salad dressing, 1/4 cup salsa, spices, sugar free soft drinks, mustard

# MEAL PLANNER

## DINNER PREFERENCE TIPS

- Remove skin and excess fat from the meat before cooking.
- Bake, broil, grill or poach meat rather than frying.
- Avoid cream based sauces. They are typically high in fat. Tomato based sauces are generally low in fat and loaded with vitamins.
- Beans are an excellent source of fiber and protein as well as being low in fat.
- Fat free salad dressings are on the Free Foods list.
- Top steamed vegetables with lemon juice or fat free Italian dressing instead of cheese or cream sauces.
- Add vegetables to sauces, casseroles and rice.
- Top angel food cake with fresh fruit. They are both fat free

SNACK 1 # Serving		85 Kcals
Starch/Grains		3 graham crackers (2.5"), 3 cups no fat popcorn, 3/4 oz fat free chips 3/4 cup pretzels, 6 saltine crackers, 2 rice cakes (4 in across), 3/4 oz matzoh, 4 slices melba toast, 24 oyster crackers, 3/4 oz fat-free potato chips (15-20)
Fruit	1 60 Cal	1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
Milk		1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
Vegetable	1 25 Cal	1 cup raw (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini) 1/2 cup tomato or vegetable juice
Meat, Fish, Poultry, Bean, Peas, Nuts		1/4 cup 4.5% or less fat cottage cheese 1 oz cheese with 3 grams or less fat per oz
Medium Fat		Cheese with 5 grams or less fat per oz 1/4 cup tempeh
Fats		10 peanuts, 6 nuts (almonds, cashews, mixed nuts) 1 Tbsp pumpkin/sunflower seeds 2 tsp peanut butter, 8 olives, 2 tsp tahini paste
Free Foods		1 sugar free candy, 2 tsp jam or jelly (low sugar) gelatin, gum, bouillon broth, 1 Tbsp powder cocoa (unsweetened) 1/4 cup salsa

## SNACK 1 PREFERENCE TIPS

- Pretzels, graham crackers and vanilla wafers are good low fat alternatives to other high fat snacks such as chips and cookies.
- All nuts are loaded with valuable vitamins, but use in moderation because most are high in fat. Use the UN-salted nuts, the pre-salted are very high in sodium.
- Chestnuts and pine nuts have the fewest calories and least amount of fat.
- Fresh vegetables dipped in fat free ranch dressing.
- Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruit juices contain very little fiber.
- Citrus fruits, berries, and melons are good sources of vitamin C.
- Most gum drops, jelly beans, gummy bears and hard candy are fat free, but high in sugar. Be sure to read the nutrition label first.

# MEAL PLANNER

SNACK 2		# Servings	85 Kcals
Starch/Grains			3 graham crackers (2.5"), 3 cups no fat popcorn, 3/4 oz fat free chips 3/4 cup pretzels, 6 saltine crackers, 2 rice cakes (4 in across), 3/4 oz matzoh, 4 slices melba toast, 24 oyster crackers, 3/4 oz fat-free potato chips (15-20)
Fruit	1 60 Cal		1 small to medium fresh fruit, 1/3 cantaloupe or honeydew, 1/2 large grapefruit 17 grapes, 12 cherries, 1 small banana, 3/4 cup blueberries or blackberries 1/2 cup juice (apple, orange, pineapple, grapefruit) 1/3 cup dense juice (cranberry, grape, prune)
Milk			1 cup skim, 1% or 2% milk 3/4 cup plain lowfat or fruit yogurt
Vegetable	1 25 Cal		1 cup raw (broccoli, cauliflower, celery, eggplant, mushrooms, okra, onions, squash, tomatoes, turnips, zucchini) 1/2 cup tomato or vegetable juice
Meat, Fish, Poultry, Bean, Peas, Nuts			1/4 cup 4.5% or less fat cottage cheese 1 oz cheese with 3 grams or less fat per oz
Medium Fat			Cheese with 5 grams or less fat per oz 1/4 cup tempeh
Fats			10 peanuts, 6 nuts (almonds, cashews, mixed nuts) 1 Tbsp pumpkin/sunflower seeds 2 tsp peanut butter, 8 olives, 2 tsp tahini paste
Free Foods			1 sugar free candy, 2 tsp jam or jelly (low sugar) gelatin, gum, bouillon broth, 1 Tbsp powder cocoa (unsweetened) 1/4 cup salsa

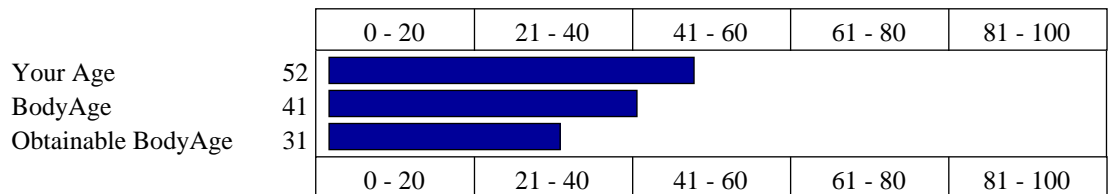
### SNACK 2 PREFERENCE TIPS

- Pretzels, graham crackers and vanilla wafers are good low fat alternatives to other high fat snacks such as chips and cookies.
- All nuts are loaded with valuable vitamins, but use in moderation because most are high in fat. Use the UN-salted nuts, the pre-salted are very high in sodium.
- Chestnuts and pine nuts have the fewest calories and least amount of fat.
- Fresh vegetables dipped in fat free ranch dressing.
- Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange. Fruit juices contain very little fiber.
- Citrus fruits, berries, and melons are good sources of vitamin C.
- Most gum drops, jelly beans, gummy bears and hard candy are fat free, but high in sugar. Be sure to read the nutrition label first.

# BodyAge

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Rich, your BodyAge is 41 compared to your chronological age of 52. BodyAge is calculated from the results of your assessments and how you compare with others of your same age and sex. Ideally, your BodyAge should be at least the same as your Chronological Age. Your obtainable BodyAge is what you can realistically reach with a well-rounded wellness program. Consult with your fitness trainer to set realistic goals in fitness and lifestyle changes to reach your obtainable BodyAge.



## RECOMMENDATIONS

Rich, the following are factors that will improve your BodyAge. By improving these factors and following a well-rounded wellness program, it is possible for you to reach a BodyAge of 31

- Improving your Skin Cancer Health Risk Appraisal score from Potential Risk to Probably Low Risk will improve your BodyAge by 5 years.
- Improving your Colon Cancer Health Risk Appraisal score from Moderate to Low will improve your BodyAge by 3 years.
- Improving your Nutrition Health Risk Appraisal score from Good to Excellent will improve your BodyAge by 2 years.