

Health Risk Analysis Report prepared for JANE

Your Health Risk Analysis Report is prepared from your Health Risk Appraisal Questionnaire answers and your screening test results. We think you will find this helpful in assessing your overall health. It is provided for informational and educational purposes only. Your view of your health status and your health objectives should not be based solely upon this report. Principal Wellness does not diagnose or treat medical conditions. You should check with your own qualified professional before starting any nutritional or exercise program.

Wellness Score

Your wellness score:	Your health risk is:	What does it mean?	Health Related Age:	Chronological Age:
74* 100	Moderate	Your lifestyle behaviors and health screening results need active attention to reduce your risk for developing disease or complications from disease. Follow up with your health care provider, and start adopting healthy lifestyle behaviors as soon as possible.	29	26

The Wellness Score is calculated based on your screening results and answers from the Health Risk Appraisal. The Score is a good indication of your overall health. We have also translated this into a Health Related Age which is compared to your current age. The Health Related Age is calculated based on your gender, chronological age, and general health risks.

* You will only get an accurate reading of your wellness score if you answer all questions on the HRA, complete all biometric tests, and if you are not pregnant.

Screening Results

We measure your health risks based on your screening test results being outside the recommended ranges as well as on your HRA Questionnaire responses.

Test	Recommended Range	03/29/2006	04/30/2007
Height			65
Weight		148	139
Heart Rate	60 - 80 beats/minute	70	80
Flexibility	19 or more for women	18	18
Blood Pressure	Normal < 120 / 80, Prehypertension 120-139 / 80-89, Hypertension Stg.1 140-159 / 90-99, Hypertension Stg.2 (Dr. Note Level) \geq 160 / 100 ¹	118/78	108/68
Blood Sugar	Low < 60, Normal 60-99, Prediabetes (Impaired Fasting Glucose) 100-125, Diabetes (Dr. Note Level) \geq 126, (Non-Fasting: Dr. Note Level \geq 200) ²	84	86
Total Cholesterol	Desirable < 200, Borderline High 200-239, High \geq 240 ³	151	111
HDL (good)	Very Low (Dr. Note Level) \leq 15, Low < 40, Desirable 40-59, High \geq 60 ³	47	36
Ratio (TC/HDL)	Good < 4.6, Borderline 4.6-5.9, High (Dr. Note Level) \geq 6.0 ³	3.2	3.1
LDL (bad)	Optimal < 100, Near Optimal 100-129, Borderline High 130-159, High 160-189, Very High \geq 190, (Dr. Note Level \geq 130) ³	92	65
Triglycerides	Normal < 150, Borderline high 150-199, High 200-499, Very high \geq 500, (Dr. Note Level \geq 200) ³	60	52
Body Fat	16% - 25% for women ⁴	31.4	27.5%

Moderate Risk

High Risk



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Body Composition

Sex: Female

Weight: 139 lbs

Age: 26

Height: 65 inches

Bio-Resistance

Bio-resistance is measured by inducing a low energy, high frequency signal through the body. Lean muscle mass contains more water, making it a good electrical conductor, while fat is a poor conductor. The more fat the signal must pass through, the higher the body resistance. Two persons of the same weight, height and gender would not necessarily have the same bio-resistance because measurements depend on individual fat-lean proportions.

Total Body Fat

27.5%

38.2 lbs

16%-25% recommended range for women ⁴

30.1% population average for women

12% vital minimum for women

Body fat, layered under the skin and packed around organs, cushions the body against injury, insulates it from cold and supplies calories to meet energy needs. The body has a self-protective tendency to store fat if continually supplied with more food than required for daily energy consumption. To lose part of this fat reserve and stay inside the recommended range, more calories must be burned than are consumed.

Fat Free Mass

72.5 %

100.8 lbs

2.6:1 lean to fat ratio

5.3:1 to 3.0:1 recommended ratio for women

Fat free mass or lean mass is the portion of the body consisting mainly of bones, organs and fluids. The lean to fat ratio is the indicator of the proportion between lean and fat in the body and is a convenient index to monitor body composition.

Target Weight Range

120.0 to 134.4 lbs

Your target weight range is calculated based on your fat free mass plus a recommended body fat content of 16%-25% for women ⁴. A 4.6 lbs body fat reduction through a proper weight loss and exercise program is necessary to decrease the percentage of fat to the recommended range and increase the lean mass. Another body composition evaluation is recommended when you approach the ideal weight. Weight alone is a deceptive indicator of body composition. The percentages of water, fat and lean mass are important considerations. An individual may appear to be at a desirable weight, yet have a high or low percentage of body fat. You should concern yourself less with weight and more with the lean to fat ratio.

Nutrition

MyPyramid

In 2005, the United States Department of Agriculture released the MyPyramid Food Guidance System replacing the old Food Guide Pyramid. MyPyramid personalizes food and calorie recommendations and encourages daily physical activity. MyPyramid emphasizes variety, proportionality, moderation and activity. Use your Estimated Energy Requirement (EER) based on your activity level and match it to the appropriate calorie level in the Food Intake Patterns on the following page to determine the amount of food you need from each food group. ⁵

Activity Level	Daily Caloric Needs (EER)
Sedentary	1964
Low Active	2179
Active	2448

The EER represents the number of daily calories you need to maintain your current weight. This is based on your gender, age, weight, height, and physical activity level.

Activity Levels for EER Calculations

Sedentary - Only the physical activity of independent living.

Low Active - At least 30 minutes per day of moderate physical activity (equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour), or at least 30 minutes of vigorous physical activity 3 days per week, in addition to the activities of independent living.

Active - At least 60 minutes per day of moderate physical activity (equivalent to walking more than 3 miles per day at 3 to 4 miles per hour), or at least 30-45 minutes of vigorous physical activity 5 days per week, in addition to the activities of independent living.

To learn more, visit:

USDA MyPyramid: <http://www.mypyramid.gov>



Food Intake Patterns

Including a variety of fruits, vegetables, whole grains, low fat dairy products and lean protein in your diet is important to help you get the essential nutrients your body needs to maintain optimal health. Limiting total fat intake to less than 30% of calories will help promote a healthy diet and reduce risks of certain diseases. Most of the fat you consume should be monounsaturated and polyunsaturated fats. Let the MyPyramid Food Guidance System be your guide to a balanced diet. Following MyPyramid will allow you to consume the nutrients you need without too many calories or too much fat, cholesterol or sugars. ⁶

Daily Amount of Food From Each

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat/Beans	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary Calorie Allowance	165	171	171	132	195	267	290	362	410	426	512	648

- ◆ **Fruit Group** Fruit Group includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.
- ◆ **Vegetable Group** Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
- ◆ **Grains Group** Grains Group includes all foods made from wheat, rice, oats, cornmeal or barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. **At least half of all grains consumed should be whole grains.**
- ◆ **Meat and Beans Group** Meat and Beans Group in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.
- ◆ **Milk Group** Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.
- ◆ **Oils** Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.
- ◆ **Discretionary Calorie Allowance** Discretionary Calorie Allowance is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups - using forms of foods that are fat-free or low-fat and with no added sugars.

Your Current Food Intake

Fruit	2 cups	Meat and Beans (Protein Foods)	6 oz-eq
Vegetables	1 cup	Milk (Dairy)	3 cups
Grains	5 oz-eq	Oils (Fats)	N/A



Caloric Expenditure Chart

JANE, the below caloric expenditure values are an estimate of the calories your body consumes in performing various activities for the specified times and have been determined using your present weight and established expenditure values. ¹²

Activity	10 minutes	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes
Basketball	88	176	264	352	440	528
Bowling	33	66	99	132	165	198
Canoeing/Rowing	132	264	396	528	660	792
Gardening	44	88	132	176	220	264
Golf (carrying clubs)	50	100	150	200	250	300
Golf (using power cart)	39	78	117	156	195	234
Ice Skating	77	154	231	308	385	462
Kickboxing	110	220	330	440	550	660
Mowing Lawn	66	132	198	264	330	396
Racquetball	77	154	231	308	385	462
Road Biking (light, 10-11.9 mph)	66	132	198	264	330	396
Road Biking (moderate, 12-13.9 mph)	88	176	264	352	440	528
Road Biking (vigorous, 14-15.9 mph)	110	220	330	440	580	660
Rollerblading	132	264	396	528	660	792
Rope Jumping	110	220	330	440	550	660
Running (6.0 min/mile)	177	354	531	708	550	1062
Running (8.5 min/mile)	127	254	381	508	635	762
Running (10 min/mile)	110	220	330	440	580	660
Skiing (cross country)	88	176	264	352	440	528
Skiing (downhill)	66	132	198	264	330	396
Softball/Baseball	55	110	165	220	275	330
Stationary Bicycling	77	154	231	308	385	462
Stationary Rowing	77	154	231	308	385	462
Step Aerobics	94	188	282	376	470	564
Stretching/Hatha yoga	28	56	84	112	140	168
Swimming Laps	77	154	231	308	385	462
Tai Chi	44	88	132	176	220	264
Tennis	77	154	231	308	385	462
Walking (3 mph)	36	72	108	144	180	216
Walking (3.5 mph, uphill)	66	132	198	264	330	396
Walking (4 mph)	55	110	165	220	275	330
Water Aerobics	44	88	132	176	220	264
Weight Lifting	33	66	99	132	165	198



Fitness

Look at the table below to identify the amount and intensity of exercise that you should aim for. Keep in mind that starting or increasing physical activity is a rewarding, but difficult, habit. If you're not currently exercising, gradually increase your weekly exercise until you reach your goal. Be sure to consult your doctor before starting an exercise program. ⁷

Physical Activity Guidelines	For Health	For Fitness	For Weight Loss
Cardiovascular Exercise	Reduce your risk of heart disease and other chronic diseases	Longer duration and vigorous activities provide greater disease protection	Maintain weight loss by continuing with the following guidelines once goal weight is achieved
Duration	At least 30 minutes	20 to 60 minutes	At least 60 minutes
Intensity	Moderate (i.e. brisk walking)	Vigorous (i.e. running)	Moderate
Frequency	Most days of the week	3 to 5 times per week	Daily

For a balanced program, include strength and stretching exercises in addition to your cardiovascular activities.

Reasons to start (or to continue) exercising:

- Reduce your risk of cardiovascular disease, diabetes, cancer, and high blood pressure
- Reduce stress, anxiety, and depression
- Maintain independence into old age by preventing osteoporosis (bone loss) and sarcopenia (muscle loss)
- Relieve the pain of arthritis
- Lose weight or maintain a healthy weight
- Enjoy sports and recreation
- Improve posture
- Avoid back pain
- Improve self confidence

To learn more, visit:

Principal Health News Fitness & Nutrition <http://www.principalhealthnews.com/topic/fitness>

Centers for Disease Control and Prevention <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>



Disease Risk Summary

JANE, you indicated having been diagnosed with the following:

Asthma;

For more information on these conditions visit Principal Health News Self-Care Center.

http://www.principalhealthnews.com/topic/condition_center.jhtml

The next sections will discuss your personal heart disease, cancer and diabetes profiles. It is never too late to begin decreasing your health risks. In fact, it may even be possible to prevent or delay the disease from progressing or even reverse the effects.

Heart Disease

According to 2002 estimates, 70,100,000 Americans have one or more forms of cardiovascular disease (CVD). High blood pressure, stroke and coronary heart disease are all considered types of CVD. However, coronary heart disease is the #1 cause of death in America.

Risks for Heart Disease

Modifiable risk factors

Modifiable risk factors are things you can change to reduce your risk. Your modifiable risk factors are:

HDL = 36; Stressed all or part of the day; Low fiber diet;

Non-modifiable risk factors

Non-modifiable risk factors are things you cannot change. Your non-modifiable risk factors are:

Healthy lifestyle behaviors

Your healthy lifestyle behaviors and positive testing results include:

Tobacco-free; Regular Physical Activity; Blood Pressure = 108/68; LDL = 65; Ratio (TC/HDL) = 3.1; Blood Sugar = 86; Alcohol = 0 per day; Triglycerides = 52;

Symptoms

You reported having the following symptoms within the last 6 months, all of which can be an indication of heart disease:

Shortness of breath;

Please let your doctor know about the above symptoms immediately!

Heart Attack Warning Signs - Women

- 1) Chest pain or pressure that may radiate to the arms, shoulders, neck or back
- 2) Shortness of breath

Additionally, about 20% of women have the following atypical symptoms:

- 1) Upper abdominal pain
- 2) Nausea
- 3) Vomiting
- 4) Chest "heaviness"
- 5) Unexplained anxiety/feeling of impending doom
- 6) Profuse sweating
- 7) Dizziness
- 8) Arms throbbing
- 9) Profound fatigue/weakness

More women die of heart attacks because both doctors and women fail to recognize these symptoms to be serious and originating from the heart.

Risk Assessment Tool for Estimating Your 10-year Risk of Having a Heart Attack

The risk assessment tool below uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults aged 20 and older who do not have heart disease or diabetes.

Risk Score 1% Means that 1 of 100 people with this level of risk will have a heart attack in the next 10 years.

For more information go to <http://www.nhlbi.nih.gov/about/framingham/riskabs.htm>

To learn more, visit:

National Heart, Lung and Blood Institute: <http://www.nhlbi.nih.gov>

American Heart Association: <http://www.americanheart.org>



Cancer

In the United States, men have a 1 in 2 lifetime risk of developing cancer and for women the risk is 1 in 3. Cancer is the second leading cause of death in America. In 2005, the American Cancer Society estimates that around 1,372,910 new cases of cancer will be diagnosed and around 570,280 deaths will occur from cancer. According to the American Institute for Cancer Research and the World Cancer Research Fund, 30%-40% of the cancers worldwide could be prevented by people taking the initiative to eat a healthy diet, exercise regularly and maintain a healthy weight. Characterized by the uncontrolled growth and spread of abnormal (mutated) cells, the cancerous cells destroy the living tissue. Cancers can be caused by external (diet, tobacco, chemicals, radiation and viruses) and internal (heredity, hormones and immune deficiencies) factors. Only 5-10% of all cancers are hereditary, leaving you with a great opportunity to change the external factors you can control.

Evidence of dietary protection against cancer is strongest and most consistent for diets high in fruits and vegetables. Be sure to eat a wide variety of fruits and vegetables. The two most important ways to reduce cancer risk are (1) the avoidance of tobacco, viruses and bacteria and (2) a habit of exercise, healthy weight, and healthy eating such as MyPyramid.

Risks for Cancer

Modifiable risk factors

Modifiable risk factors are things you can change to reduce your risk. Your modifiable risk factors are:

Skin self-exam; Physician skin exam; Second hand smoke;
Low fiber diet; Insufficient sunscreen use;

Non-modifiable risk factors

Non-modifiable risk factors are things you cannot change. Your non-modifiable risk factors are:

Family History-Ovarian cancer;

Healthy lifestyle behaviors

Your healthy lifestyle behaviors and positive testing results include:

Breast self-exam; Tobacco-free; Drinks \leq 1/day; Regular physical activity; Pap test; Physician breast exam;

Symptoms

You reported having the following symptoms within the last 6 months, all of which can be an indication of cancer:

Persistent hoarseness/cough;

Please let your doctor know about the above symptoms immediately!

The American Cancer Society estimates that in 2005 there will be about 172,570 new cases of lung cancer. Lung cancer is the leading cause of cancer death in both men and women in the United States. There will be an estimated 163,510 deaths from lung cancer in 2005 accounting for around 28% of all cancer deaths. More people die of lung cancer than of colon, breast, and prostate cancers combined.

- 1) If you live with a smoker your chance of getting lung cancer is 30% greater than someone in a non-smoking family.
- 2) Those exposed to 20 or more cigarettes a day have twice the risk of developing lung cancer.
- 3) Those children who live with a parent or parents who smoke are twice as likely to smoke. ⁹

Cancer Warning Signs

- Changes in bowel or bladder habits
- A sore that does not heal
- Unusual discharge or bleeding
- Thickening or lump that gets bigger
- Indigestion or difficulty swallowing
- Obvious change in a mole
- Nagging cough or hoarseness

To learn more, visit:

American Cancer Society: <http://www.cancer.org>

American Institute for Cancer Research: <http://www.aicr.org>

National Cancer Institute: <http://www.cancer.gov>



Diabetes

Diabetes is the sixth leading cause of death in the U.S. affecting nearly 21 million Americans, yet over 6 million people don't even realize they have diabetes. In addition to the nearly 21 million people with diabetes, it is estimated that 41 million Americans have pre-diabetes.

There are two types of diabetes. In type 1 diabetes, the pancreas does not produce insulin. In type 2 diabetes, the most common form of diabetes, either the pancreas does not produce enough insulin or the body does not properly use insulin. Insulin is a hormone that moves glucose - a primary source of energy - out of the bloodstream and into the cells. Left untreated, diabetes causes glucose to build up in the bloodstream. Elevated blood glucose (blood sugar) levels can dramatically increase the chances for developing other health problems such as heart disease, stroke, blindness, kidney disease, and/or nerve damage. In some cases, diabetics can maintain healthy blood sugar levels through diet, regular exercise, and weight control. In other cases, oral medications or insulin injections are used alongside diet, exercise and healthy weight to manage the disease.

If you are at risk for developing diabetes, it is important to start making healthy lifestyle changes in order to avoid the disease. Those at greater risk for type 2 diabetes include individuals who have a family history of type 2 diabetes, are overweight, do not exercise regularly, have low HDL, high blood pressure, or high triglyceride levels, or are of African American, Hispanic/Latino, Asian American, Native American, or Pacific Islander heritage. ¹⁰

Risks for Diabetes

Modifiable risk factors

Modifiable risk factors are things you can change to reduce your risk. Your modifiable risk factors are:

Low fiber diet; HDL=36;

Non-modifiable risk factors

Non-modifiable risk factors are things you cannot change. Your non-modifiable risk factors are:

Female;

Healthy lifestyle behaviors

Your healthy lifestyle behaviors and positive testing results include:

Drinks \leq 1/day; Regular physical activity; Blood Sugar = 86;

Diabetes Warning Signs

- Increased thirst
- Frequent urination
- Extreme hunger
- Increased fatigue or tiring easily
- Unexplained weight loss
- Blurred vision
- Tingling or numbness in hands or feet
- Slow healing wounds or infections
- Unusual irritability
- Dry, itchy skin

To learn more, visit:

American Diabetes Association: <http://www.diabetes.org>

National Diabetes Education Program: <http://www.ndep.nih.gov>



Stages of Change

Change is not easy for most people. One helpful way to think about changes is known as the Prochaska Stages of Change Model. Dr. Prochaska and his colleagues discovered that people go through five changes when undertaking lifestyle stages: ¹¹

Pre-contemplation Stage:

You have no intention of taking action within the next 6 months. You enjoy the habit or lack of habit despite knowledge of potential problems.

Contemplation Stage:

You know you should change, but you are not quite ready to act; you are still thinking about it. You intend to take action within the next 6 months.

Preparation Stage:

You plan to take action within the next 30 days. You actually start making plans and creating SMART goals.

- S** pecific
- M** easurable
- A** ction -oriented
- R** ealistic
- T** ime-bound

Action Stage:

You have been actively carrying out your positive change for less than six months.

Maintenance Stage:

You are able to maintain your positive change for more than six months! You are well on your way to this habit being a permanent part of your lifestyle.

	Stage	Confidence Level	Current Health Habits	Change Over Last Year
Physical Exercise	Preparation	Somewhat Confident	some change needed	no different
Nutrition	Preparation	Somewhat Confident	some change needed	no different
Tobacco Use	n/a	n/a	no change needed	n/a
Weight Management	Action	Somewhat Confident	some change needed	no different
Stress Management	n/a	n/a	no change needed	n/a



JANE's Summary

	Healthy Behaviors	Areas For Improvement
Nutrition	<p>* Reading the food label helps you make healthy choices for you and your family.</p>	<p>* The general rule of thumb is to get at least 8-8 ounce glasses of water daily. Water is essential for almost all body functions - digestion, absorption, circulation, excretion, transporting nutrients, building tissue and maintaining body temperature.</p> <p>* Too much caffeine can disrupt your sleep and can leave you feeling restless, anxious or irritable. Limit your caffeine intake to 200-300 mg a day (the equivalent of 2 to 4 eight-ounce cups of coffee).</p> <p>* Skipping meals can lead to binge eating (eating too many calories) and to choosing less healthy/higher fat foods. You also have much less opportunity to get important nutrients. Studies show that people who skip meals tend to be heavier than those who eat breakfast and eat four or five times a day.</p> <p>* Eating too much fast food means you are likely eating too many calories, refined grains, total fat, saturated fat, trans fat and sodium and too little nutritious foods like fruits, vegetables, whole grains, lean protein, healthy fats and low-fat/calcium-rich foods. If eating out is unavoidable, make healthy food choices.</p> <p>* Remove skin from poultry, trim any visible fat from meat, buy meat that is at least 90% lean, and choose these cuts most often: top round, eye round, round tip, top sirloin, bottom round, top loin, and tenderloin to reduce calories, total fat, and saturated fat in your diet</p> <p>* Try to make every effort to eat fish at least twice a week. Many fish are rich in omega-3 fatty acids which may protect against heart disease. Omega-3 rich fish include: anchovies, bass, bluefish, herring, mackerel, salmon, sardines, swordfish, trout and tuna.</p> <p>* Fried foods are a very concentrated source of calories and are all too often high in artery-clogging trans fats. Experiment with alternative, lower fat ways to eat the foods you enjoy.</p> <p>* Eating the recommended amount of fiber -- 20 to 35 grams daily -- has countless benefits: helps you feel full longer, helps reduce calorie intake aiding weight loss or weight maintenance, contributes to a healthy colon, and reduces the risk of developing heart disease and diabetes.</p>
Fitness	<p>* Good job! Regular physical activity is essential for health and weight control.</p>	<p>* Strength/resistance training is essential for healthy bones and muscles. Perform 8 to 10 exercises twice a week for benefits.</p> <p>* Take just a few minutes a day to stretch to enhance flexibility and improve posture.</p>

Personal Health Management	<p>* With each regular healthcare visit, or at least every two years, have your health care provider measure your body mass index (BMI) and waist circumference because excess abdominal fat is associated with heart disease, stroke, cancer and diabetes.</p> <p>* Good job, JANE Seventy percent of all breast cancers are found through breast self-exams.</p> <p>* Good job for visiting your dentist on a regular basis! Good oral health has a big impact on maintaining good overall health as studies have shown a link between periodontal disease and complications associated with diabetes, heart disease, and pregnancy. In addition, visiting your dentist allows for diagnostic opportunities such as screening for oral cancer. Diagnosing oral cancer in its earliest stage dramatically improves a person's chance of survival and many dentists perform this screening during routine checkups.</p>	<p>* Pay attention to foods and scents that trigger headaches and try to avoid them.</p> <p>* To prevent back pain, take frequent breaks from sitting. Get more from your work breaks by taking a few minutes to stretch the muscles that get tight during sitting – chest, shoulders, torso, and legs.</p> <p>* To protect against skin aging and skin cancer, apply sunscreen (SPF 15 or greater) 30 minutes before going outside and at least every 2 hours thereafter.</p> <p>* Regardless of your skin type, tanning beds are dangerous. Regular use can lead to leathery, wrinkled skin and an increased risk of skin cancer.</p> <p>* The American Dental Association recommends the following for good oral hygiene:</p> <ul style="list-style-type: none"> - Brush your teeth twice a day with an ADA-accepted fluoride toothpaste. - Clean between teeth daily with floss or an interdental cleaner. Decay-causing bacteria still linger between teeth where toothbrush bristles can not reach. Flossing removes plaque and food particles from between the teeth and under the gum line. - Visit your dentist regularly for professional cleanings and oral exams. <p>* Having a physician skin exam is important to detect possible signs of skin cancer.</p> <p>* Please follow up with your doctor regarding the moderate and high risk area(s) highlighted on the first page.</p> <p>* Strive for 8 hours of sleep each night. Sleepiness disturbs thinking and mood and can cause serious accidents on the road or at work.</p>
Safety		<ul style="list-style-type: none"> * Don't drink and drive. * Always wear your seat belt. * Drive the speed limit. * Children regularly exposed to smoke experience more colds, coughs, middle-ear and respiratory problems.

Risk Areas

HDL = 36

- Reduce Body Fat
- Maintain regular exercise routine of sufficient duration, intensity and frequency
- Limit/avoid trans fats

Body Fat = 27.5%

- Maintain regular exercise routine of sufficient duration, intensity and frequency
- If you wish to lose weight, eat fewer calories and burn more calories through physical activity to create a 100 to 500 calorie deficit per day

Next Steps...

- Write down your personal goals below.
-

Your Goal

(enter your goal here)

Additional healthy resources can be found by visiting Principal Health News: <http://www.principalhealthnews.com>.

If you have questions regarding your Health Risk Analysis Report, please contact:

Principal Wellness Company
8909 Purdue Road
Indianapolis, IN 46268
(800) 354-1721



ENDNOTES

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3. American Heart Association: "What are Healthy Levels of Cholesterol?", www.americanheart.org/presenter.jhtml?identifier=183 . American Heart Association: "Cholesterol Checklist", <http://www.americanheart.org/presenter.jhtml?identifier=4408> . June 8, 2005.
4. American College of Sports Medicine (ACSM): Health Fitness Instructor's Handbook, 3rd Edition 1997. Pages 126-146, 166, Appendix C.
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