

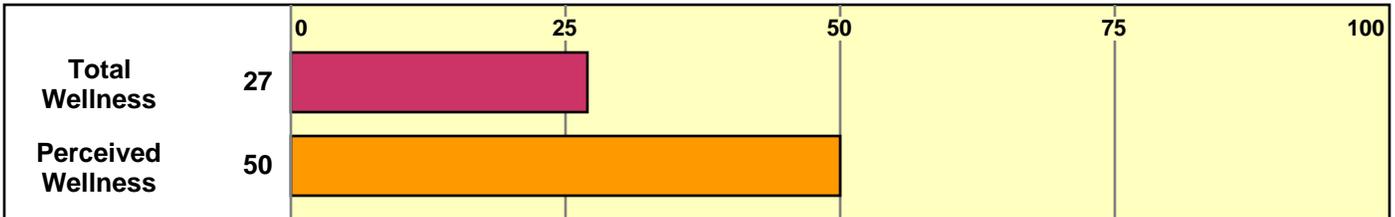
## Wellness Profile

John Sample

Jun 15, 2015

### Your Total Wellness Score

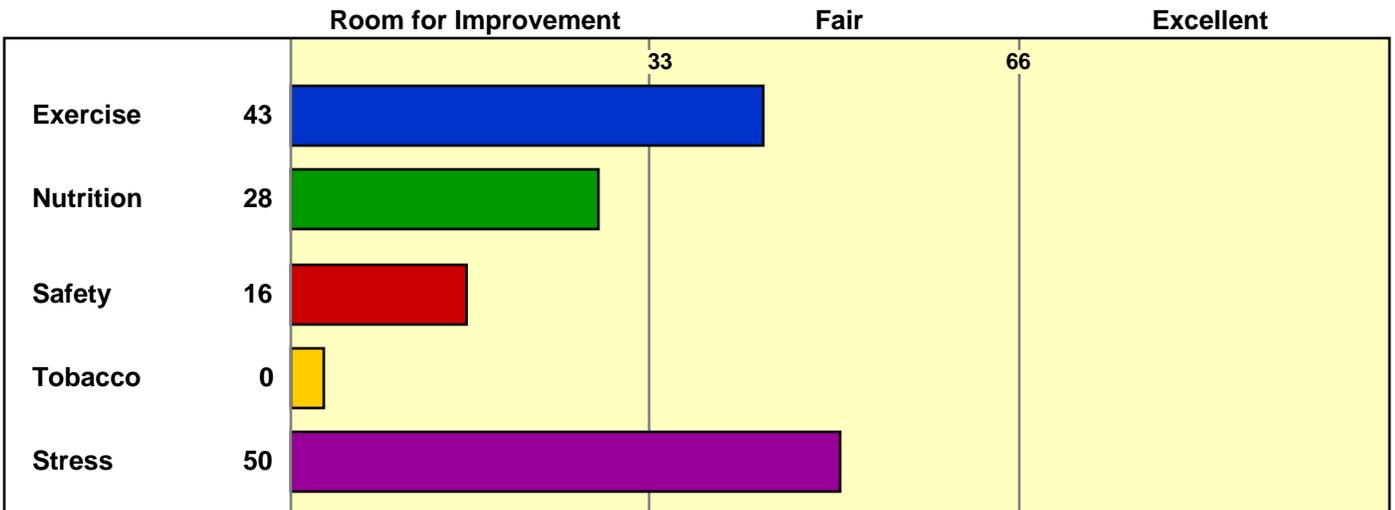
Your Total Wellness Score is a measure of how many healthy activities you are currently doing in the behavior areas of exercise, nutrition, safety, tobacco and stress. Your Perceived Wellness Score shows how many healthy activities you think you are doing. Read this entire report to learn how you can achieve a Total Wellness Score of 100.



You are not doing as much for your health as you think you are. Read this report and look for behavior changes that you can make in your lifestyle to improve your health.

### 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



#### Needs Improvement

Increase aerobic activity  
 Aerobic activity 3+ days/wk  
 More muscle-enhancing activity

Regular physical activity is important for good health. It has a positive effect on your body weight, cardiovascular system, bone strength, brain function, energy level, and your sense of well-being. It can also reduce your risk of heart disease, stroke, some cancers, and diabetes.

To get these health benefits you need to do the type of physical activity known as aerobic activity. This activity involves almost continual, repetitive movement of your legs or arms at an intensity high enough to cause your heart to beat faster and your breathing to be deeper. Substantial health benefits can be gained over time with a consistent 150 min/wk of moderate-intensity aerobic activity or 75 min/wk of vigorous aerobic activity or a combination of both. Additional and more extensive health benefits can be achieved by exceeding these activity levels. Examples of moderate-intensity activity are brisk walking (3-4 mph), sweeping floors, and mowing a lawn. Examples of vigorous activity are digging dirt by hand, running, swimming, and fast bicycling.

John, you are doing a fair amount of aerobic activity each week. However, to get substantial health benefits you need to do more. One option would be to increase the amount of time you spend doing your current aerobic activities. You could also add some walking to your weekly routine (10-30 min. at 3-4 mph). If you are pressed for time, you should know that aerobic activity can be split into multiple sessions during a day but each session should be at least 10 minutes long. If you decide to try an aerobic activity that is more intense than your current activities, tell the wellness counselor at Your Organization Name you would like to take the MicroFit Health History assessment. This questionnaire will determine if you should talk to a doctor before increasing your physical activity.

As you think about increasing your aerobic activity, consider exercising more days each week. Research has shown exercising 3 or more days a week consistently produces health benefits. Spreading aerobic activity over at least 3 days a week is also recommended to lower the risk of injury and avoid excessive fatigue.

Muscle-enhancing activity is different from aerobic activity and it provides additional health and fitness benefits. This type of activity involves lifting, pulling, or pushing a weight (or resistance) that is greater than the muscles are accustomed to. In response to this overload stress, the muscles, bones, and surrounding connective tissues become stronger. With good muscle strength you will have more energy during the day and can respond to physical emergencies or play athletic games with reduced risk of injury. Muscle-enhancing activity also has a positive effect on your body fat content, bone strength, blood-sugar balance, and blood pressure.

You indicated you are not doing any muscle-enhancing activities at this time. If you decide to do more exercise, try to increase your aerobic activity first because it provides the most significant health benefits. At a later time you can think about adding 2-3 days a week of exercises that improve or maintain the strength of your arms, shoulders, chest, back, abdomen, and legs.

## Wellness Profile

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### Nutrition

#### Good Work

Eat enough fruit  
 Limit saturated fat  
 Moderate alcohol drinking

#### Needs Improvement

Eat more vegetables  
 Eat more dairy foods  
 Eat more protein foods  
 Eat more whole-grain foods  
 Eat more foods that have oil  
 Eat less sugar and sodium

John, you indicated you are eating 2 servings of fruit a day. This amount of fruit is good for your health. A serving is 1 cup fresh, canned, or frozen fruit; 1/2 cup dried fruit; and 1 cup 100% fruit juice. It is best to eat whole fruit most of the time instead of juice.

At this time you are eating 1 serving of vegetables a day. Try to increase this amount to 2-3 servings a day. A serving is 1 cup raw or cooked vegetable, 2 cups leafy salad greens, 1/2 cup dried vegetable, and 1 cup 100% vegetable juice. Eat all types: dark-green, red or orange, beans or peas, starchy, and other.

Eating less than 1 serving of dairy foods a day is below the recommended amount. Consider adding more dairy foods to your diet, up to 3 servings a day. A serving is 1 cup milk, yogurt, or fortified soy milk; 2 slices of natural cheese or 3 slices of processed cheese; and 1 1/2 cups ice cream. Select low fat or fat-free dairy foods.

You indicated you eat 1-4 servings of protein foods a day. The recommended amount is 5-7 servings a day. A serving is 1 ounce of meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; and 1/2 ounce nuts or seeds. Eat all types of protein foods including 8 ounces of seafood a week. Choose lean meat and nuts with no salt.

Whole-grain foods contain more vital nutrients than refined-grain foods. You should try to choose whole-grain products for at least half of the breads, muffins, tortillas, cereals, crackers, pasta, and rice you eat.

A healthy diet includes foods that contain plant oil like salad dressing, mayonnaise, soft margarine, peanut butter, and nuts. You are currently eating 1 food a day that contains oil. Try increasing this to 2-3 foods a day.

You say you are doing a good job of limiting the saturated fat in your diet. That's great! Continue choosing lean cuts of red meat, trimming visible fat, choosing low-fat milk and cheese, and avoiding butter and baked foods.

Eating a lot of food that has added sugar can lead to potential health problems. At this time you are doing a poor job of limiting added sugars. Read nutrition labels and try to eat less than 50 grams of sugar a day.

Sodium is primarily found in salt and eating more than 2300 mg/day increases your risk of high blood pressure. You say you are doing a fair job of limiting the sodium in your diet. Choose low-sodium foods.

You have 1-7 alcoholic drinks a week and no more than 2 a day. This is a moderate amount and not a health problem. For men, more than 4 drinks a day or more than 14 drinks a week is considered too much.

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### Safety

#### Good Work

Avoid overexertion injuries

#### Needs Improvement

Not safe from poisons  
 Unsafe behavior in motor vehicles  
 Use more sunlight protection  
 Wear a bike helmet when riding  
 Install smoke alarms in home

Poisoning is the leading cause of safety-related deaths in the U.S. John, you have taken three of the following actions to prevent poisoning: careful not to overuse prescription drugs - especially pain medications that contain opioids, installed a carbon monoxide detector in your house, tested your drinking water for toxins like lead, and tested the inside of your house for radon gas. Consider taking all four actions to lower your risk of poisoning.

Motor vehicle crashes are the second leading cause of safety-related deaths and account for over two million non-fatal injuries each year. People are most at risk of injury for the following reasons: driving when sleepy or under the influence of alcohol or drugs, driving when talking or texting on a handheld phone, driving aggressively and speeding, and not wearing a seat belt. You indicated you sometimes do two of these unsafe behaviors. Think about stopping all of them to significantly reduce your risk of being injured in a motor vehicle accident.

Physical overexertion is another major cause of injury. You can lower your risk of this health problem by keeping your back straight and using your legs when lifting heavy objects, limiting the amount of time you spend doing the same motion over and over, and being careful not to overdo physical activities you are not accustomed to. You are currently following all three of these safety guidelines. Continue these behaviors to prevent back injuries as well as other debilitating muscle, tendon, and ligament injuries.

Skin cancer is the most common cancer in the U.S. and is caused by too much exposure to sunlight. While people with light colored skin are most susceptible to sun damage, people of all skin colors can be affected. To lower your risk of skin cancer, wear dark-colored, tight-knit clothing and apply a 'broad spectrum' sunscreen (at least SPF 30) when exposed to sunlight. You say you never wear protection from the sun. You may not go out much but even short periods of exposure to sunlight can add up over the years and lead to skin damage.

Whether you ride a motorcycle or a bicycle, the most important equipment you should have is a helmet. This key safety gear will significantly reduce your risk of a head injury if you are in an accident. John, you indicated you never wear a helmet when riding a bicycle or motorcycle. This is very risky behavior, especially if you spend a lot of time riding. Each year over a half million people are injured on these types of vehicles and sustaining a head injury is one of the most common results.

A smoke alarm is a valuable safety device that has saved thousands of lives. You should have smoke alarms in your house to protect yourself and your family from fire injury. Install them on the ceiling inside and outside all sleeping areas and on every level of your house. Maintain all smoke alarms by pressing the test button once a month, changing the battery once a year, and replacing the entire device every 10 years.

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### Tobacco

#### Good Work

Don't use other tobacco products  
Avoid secondhand smoke

#### Needs Improvement

Don't smoke cigarettes

Tobacco in any form is a danger to the person using it. Heart disease, emphysema, lung cancer, and other types of cancer are all consequences of long-term tobacco use. Smoking is now regarded as the number one cause of preventable death.

John, most people who smoke know it's bad for their health but find it difficult to quit. The immediate gratification of a cigarette is more potent than the risk of future disability. To stop smoking is a choice only you can make. If your health is not enough of a reason to quit, think about what would happen to your family if you were disabled. Or consider your non-smoking friends who breathe your secondhand smoke or the constant smell of smoke in your clothes or the amount of money you spend on cigarettes. When you have found a good reason to quit, take advantage of the moment and use the many resources available to you. Ask your doctor or friends for information about medication, people, and programs that can help you kick the habit.

Secondhand smoke is the combination of the smoke coming from the burning end of a cigarette, cigar, or pipe and the smoke exhaled by the smoker. When you breathe secondhand smoke, it is the same as if you are smoking. The longer you are around secondhand smoke the more likely it is to make you sick or give you a deadly disease. You indicated you have little or no exposure to secondhand smoke, which is good. Think about kicking the smoking habit and completely remove tobacco from your life.

The reason I have not quit smoking: Cannot break the addiction.

Since nicotine is an addictive drug, people often experience withdrawal symptoms after they have quit smoking for a while. Breaking this physical addiction is a critical aspect in successful smoking cessation. It is also important to break the psychological addiction. If you have been smoking for a while, you may feel as if something is missing in your life if you do not have a cigarette in your hand or mouth.

You can try breaking your physical addiction with nicotine replacement therapy. There are nicotine patches and gums available that replace the nicotine you get from cigarettes. Using these products over time with lower and lower amounts of nicotine, your body will eventually lose its craving for nicotine. Your chances of quitting are best when you combine nicotine replacement therapy with a complete smoking cessation program that includes setting a quit date, having a plan that deals with smoking triggers, and getting support from a health professional.

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### Stress

#### Good Work

Current stress not affecting health  
Don't feel under pressure  
Can relax when I want to  
Don't feel angry or upset  
Friends don't suggest I slow down  
Don't get irritated with people

#### Needs Improvement

Not sleeping well, worried at night

It is normal to occasionally feel stressed out. Stress that lasts only a few minutes or hours can be a positive reaction because it prepares your body and mind for decisive action. Constant stress, however, is harmful to your health and can increase your chances of having high blood pressure, heart disease, and diabetes.

John, you say you experience only one of the emotional signs of stress (see the 'Needs Improvement' box above). It may be there is little or no stress in your life at this time or you have learned how to effectively cope with the stress you do have. Either way this is good to hear. Remember these emotional signs of stress. If you notice any more of them showing up in the future, come back to this report and review the stress management techniques described below.

The first step in managing stress is to determine if the situation causing it can be avoided. You may find some stress is easy to eliminate like leaving to work a half hour earlier to avoid the stress of sitting in heavy traffic. For the stress you cannot avoid, consider the following coping techniques.

For infrequent stressful events like a job interview, meeting presentation, or hosting a large dinner party, you can reduce a lot of the stress by being prepared. Make sure you have all the information and supplies you need well before the event. In the case of a presentation, practice your speech several times before the meeting.

You will find it easier to cope with the stress in your life if you take good care of yourself. This means making sure you eat right, get enough sleep, exercise regularly, stick to a routine of daily tasks, resolve any health problems you may have, and avoid alcohol and drugs.

Try to relax several times a day. Use the Internet to look up the various relaxation techniques like deep breathing, meditation, muscle stretching, hot showers and baths, and visualizing pleasant events or situations. Some of these techniques will take time to master but can be very effective at lowering your stress level.

Another technique used to cope with stress is to find diversions in your life. Try to discover activities that take your mind off of the events or situations causing the stress. Some typical activities include starting a hobby, going to the movies, playing or watching sports, or doing volunteer work in your community.

Getting emotional support from others is a powerful weapon against stress. Look around for people who you can talk to about your problems. Emotional support can come from a friend, family member, health counselor, or religious leader. Make it a priority to develop your support group and do not be afraid to ask for help.

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### **Additional Comments**

The following comments offer additional information to help you prevent future illness. You can learn more about these topics by asking your health-care professional and by searching the Internet.

#### **Physical Exam**

The annual physical exam is no longer routinely recommended for healthy people under the age of 50. However, if you have not been to a doctor for a physical exam in over five years you should schedule one that includes a wellness checkup along with any vaccinations or screening tests that would be beneficial. Your doctor will recommend follow-up visits based on your personal medical history, family medical history, and test results.

#### **Diabetes Screening**

Most of the food we eat is turned into glucose (sugar). Diabetes is a condition where the body does not properly absorb glucose from the blood. If left unmanaged, diabetes can cause serious health problems like heart disease, blindness, and kidney failure. Your doctor can determine if you are at risk and should be tested for diabetes.

#### **Colorectal Exam**

Adults between the ages of 50 and 75 should have regular screening tests for colorectal cancer. There are different types of tests; some are repeated every 5 or 10 years, others are repeated every year. Screening after age 75 is a decision made between you and your doctor.

#### **Prostate Exam**

Screening for prostate cancer using the PSA blood test is no longer a standard recommendation. Research has shown the test is not always accurate and can lead to more testing, like biopsies, which can have negative side effects. Talk with your doctor to see if the PSA blood test is appropriate for you.

#### **Skin Self-Exam**

Skin cancer is one of the most common forms of cancer. You are at higher risk of skin cancer if you have reduced immunity, a family history of skin cancer, or have had skin cancer before. Be aware of all the moles and spots on your skin and report any changes to a doctor right away. Search the Internet for 'how to spot skin cancer' to learn more.

#### **Sexually Transmitted Diseases**

Ask your healthcare 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**

You can fight tooth decay and gum disease with regular visits to a dentist and home dental care. See a dentist twice a year for cleanings and a checkup. Brush at least twice a day, after breakfast and before bed, with toothpaste that contains fluoride. Flossing 1-2 times a day can help clean the areas where a toothbrush cannot reach.