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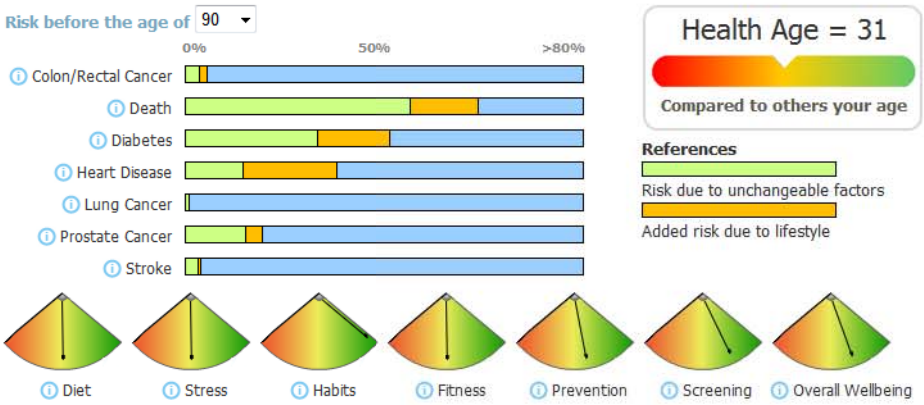
Risk and wellbeing

The information given below explores your health risks at different ages, and helps you to understand how your actions can affect your health. All About Health recommends the actions underneath the graphs that you can select to improve your well-being and reduce your risk. When you select from the recommended actions, the graph and pendulums will demonstrate the potential improvements. All About Health will help you achieve your goals. By selecting "Plan for Change", you can set-up a step-by-step plan for success.



Conclusions

- [ ] **Get at least 30 minutes of exercise 3 days a week** more...
- [ ] **For optimum health, get at least 30 minutes of moderate exercise 5 days a week** more...
- [ ] **Eat a diet low in sugar, salt and animal fat and high in fruit, vegetables, and whole grains** more...
- [ ] **Consider eating raw, unsalted nuts about 5 times a week** more...
- [ ] **Consider eating tomatoes at least twice a week** more...
- [ ] **Consider eating two servings of fish a week at least one of which should be fatty fish** more...
- [ ] **Eat whole grain foods at least 4 times a week** more...
- [ ] **Eat at least 5 portions of fruit and vegetables a day** more...
- [ ] **Have your blood pressure checked** more...
- [ ] **Practice safe sex** more...
- [ ] **Consider having a tetanus booster** more...
- [ ] **Improve your dental health** more...
- [ ] **Avoid passive smoking. Passive smoking increases the risk of heart disease, lung disease and cancer.** more...
- [ ] **Improve your road safety habits** more...
- [ ] **Work a regular schedule, and sleep and wake at the same time each day** more...
- [ ] **Get 6.5 to 8.5 hours of uninterrupted sleep each night** more...
- [ ] **Work on building close relationships to provide you with emotional support** more...
- [ ] **Learn to live within your financial means** more...

Plan for change

Find the services below at your nearest All About Health pharmacy

Other Conclusions

- Possible clinical depression more...
- Congratulations on maintaining an ideal BMI of 19-25. Your BMI is presently 22. more...
- Your minimum target heart rate during exercise for a healthy heart is at least 117 more...
- Assess your general health risks at least 5 yearly more...
- The risk of heart disease and stroke continues to decline as blood pressure drops, even within the "normal" range more...
- Learn about possible protective factors and risks for diabetes that are still under investigation more...
- Learn about possible protective factors and risks for cancer that are still under investigation more...
- Learn about possible protective factors and risks for heart disease and stroke that are still under investigation more...
- Cholesterol testing is not needed at this time more...
- This programme may over-estimate risk in those with very high cholesterol levels more...

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