

# Your Name & Phone Number Here!

## Longevity Index

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Your Health Risk Analysis is based on a variety of medical and scientific data from organizations such as the American Heart Association, American Dietetic Association, Center for Disease Control, American Cancer Society, National Institutes of Health and the Framingham Heart Study. This report includes the following personalized information:

** Health Risk Analysis Overview	** Diabetes Risk Profile	** Non-Controllable Risks
** Health Risk Age	** Osteoporosis Risk Profile	** Lifestyle Analysis
** Body Composition Profile	** Arthritis Risk Profile	** Personal Health and Safety
** Coronary Risk Profile	** Nutrition Profile	** Cataract Risk Profile
** Cancer Risk Profile	** Exercise Profile	** Prostate Risk Profile

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### Health Risk Analysis Overview

Your overall health risk is based on your health screening factors, body composition and the information you supplied on your Lifestyle Questionnaire



The health risk graphs on the following pages represent your risk scores for each of the profiles analyzed in your Longevity Index. Each of the profiles will be addressed in-depth in this report to provide you with information that will help you take an active role in your own health.

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### Health Risk Age

Based on the the results of your Health Risk Analysis, an adjusted Health Risk Age has been calculated for you. Your health risk age is an estimation of your body's current biological age.

By taking appropriate action for any moderate or high risk profiles, you can improve your adjusted health risk age by 5 years

**Current Age: 45**  
**Adjusted Health Risk Age: 49**  
**Achievable Risk Age: 44**

After you have followed the recommendations outlined in this report, you should contact your Doctor to reassess your health risk. Taking an active role in your personal health is the key component of prevention. This report is intended to be used as an educational tool to help provide optimal health for you and your family.

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### Nutraceuticals

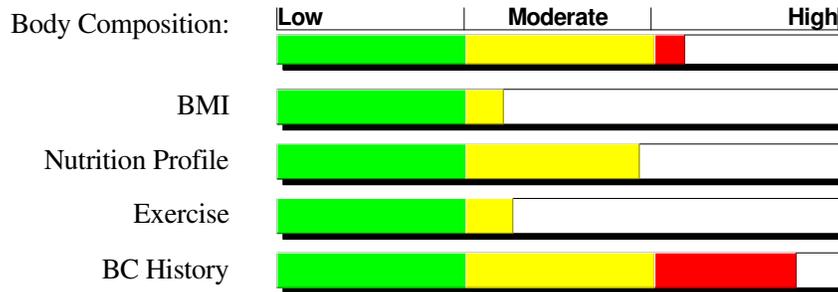
The following report provides detailed information about your current health risk. Based on this analysis your Doctor has analyzed the data and has recommended specific nutrition supplementation in addition to dietary and activity recommendations to improve your current risk status.

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# Longevity Index (continued)

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## Body Composition Profile



Your body composition is one of the most important factors analyzed in your health risk analysis. It is estimated that at least 60% of the adult population carries excess body fat. The problem is that most people interpret their scale weight as a measurement of excess fat, when in fact your percent body fat is the true indicator of being over fat. Excess body fat is associated with 7 out of the top 10 causes of disease in the United States including diabetes, hypertension (high blood pressure), strokes and heart disease. Based on your health risk analysis, the following intervention factors will improve your current body composition:

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### Body Composition Statistics

Percent Body Fat: 35.5% ( 58.2 lbs)  
Percent Lean Mass: 64.5% (105.8 lbs)  
Ideal range of body fat: 18-26%

Your current body composition analysis indicates that you are above the desired range of percent body fat for a female of your age. With a healthy lifestyle of optimal nutrition and appropriate exercise, you can optimize your body composition.

Controlling excessive body fat is difficult for many individuals. It is currently estimated that 38% of the adult population is significantly overweight. Juvenile obesity has increased by 50%. At any given time 35% of adults report that they are on a weight loss program.

### Intervention Factors

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- \*\* Excess Body Fat is the number one controllable risk factor. Reducing your percent Body Fat can impact a variety of health risks.
- \*\* Increase your exercise to a program of at least 3 days per week for minimum of 20 minutes. Changes in your nutrition habits will help lower your risk. Your health care provider can prepare a nutrition recommendation for your specific needs.

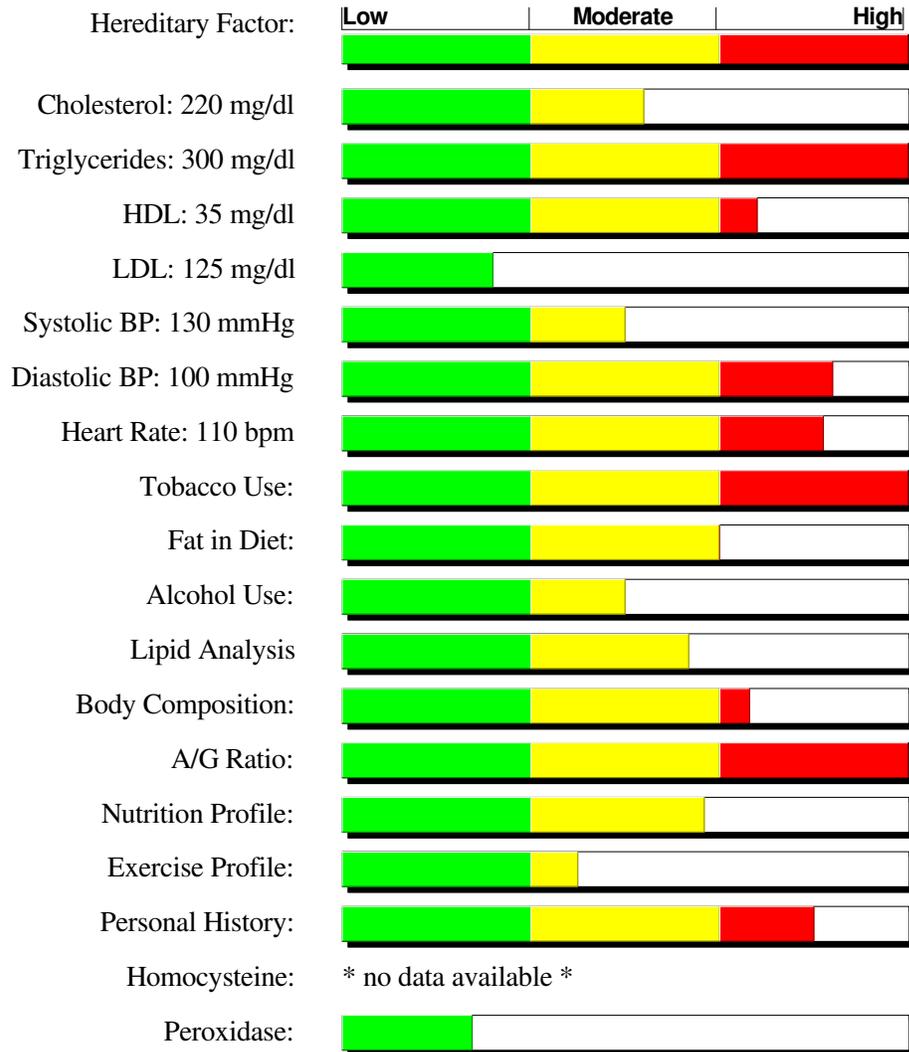
# Longevity Index (continued)

## Coronary Risk Profile



Coronary Heart Disease (CHD) is the number one cause of death in the United States. More than 1.5 million heart attacks occur each year, resulting in more than 500,000 deaths. The most encouraging aspect of CHD is that, for the most part, it can be preventable through appropriate nutrition and exercise.

The following bar graphs show the individual factors which effect your risk of Coronary Heart Disease:



By following intervention factors, you can significantly reduce your health risk:

## Longevity Index (continued)

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### Coronary Risk Profile (continued)

#### Intervention Factors

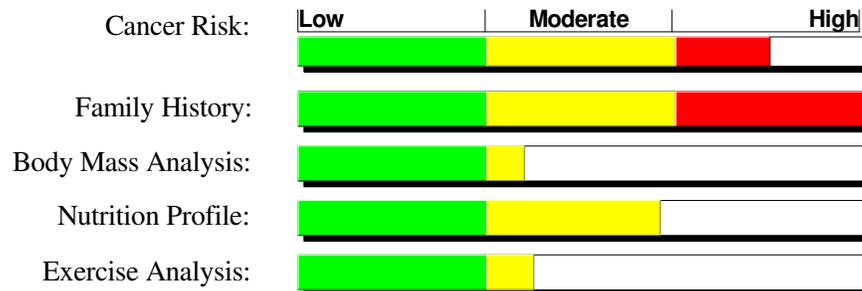
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- \*\* Weight reduction and exercise are indicated to reduce your A/G (waist/hip) ratio.
- \*\* You should take active steps to reduce your triglycerides.
- \*\* Hypertension (high blood pressure) can increase your risk of CHD. If you are not currently under the care of a physician, you should seek consultation.
- \*\* You have an elevated risk of CHD due to poor nutritional habits. Many cases of CHD are directly related to poor eating habits.
- \*\* Increase your exercise to a minimum of 3 days per week.
- \*\* You have a family history of CHD which is considered a non-controllable risk factor. Thus you must work harder to control the risk factors you can.
- \*\* While you have indicated that you have a personal risk of CHD, there are many lifestyle habits you may incorporate which can still reduce your risk.
- \*\* Work to reduce excessive stress in your daily life.

## Longevity Index (continued)

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### Cancer Risk Profile



Cancer is one of the leading causes of death in the United States. Cancer develops when healthy cells begin an abnormal growth pattern. While the exact cause of cancer is not known, medical research has shown that repeated exposure to cancer causing agents (carcinogens) can lead to the development of cancer cells.

Many of the most common cancers, if detected early, can be treated successfully. By following the intervention factors below, you can reduce your risk of cancer:

#### Intervention Factors

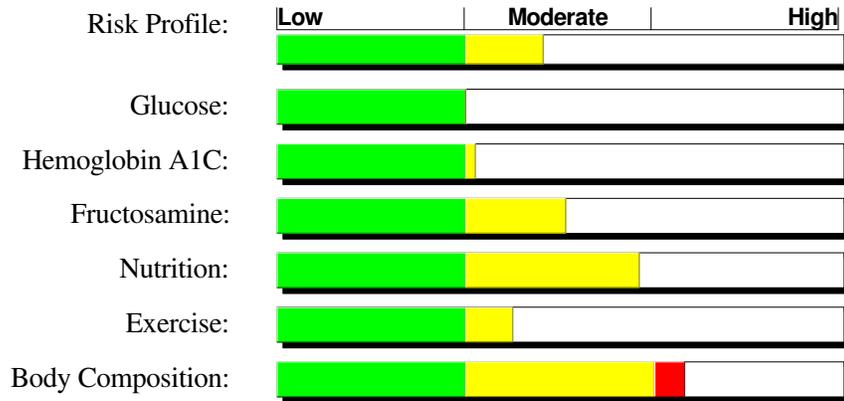
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- \*\* Decrease your body fat percentage. Excess body fat is a major contributor to the development of cancer; consult your health care professional for additional information.
- \*\* Eat a low fat diet. Nutritional research has shown that a high fat diet increases your risk for cancer.
- \*\* Increase your fiber intake through proper nutrition. Adequate fiber will reduce your risk of colon cancer. Fiber supplements may be helpful.
- \*\* Because you are over the age of 40, you should have an annual colorectal screening. Early detection is very important.
- \*\* Because you are a female over the age of 18, you should perform monthly self breast exams.
- \*\* Reduce your intake of alcohol. Excessive alcohol intake has shown to be associated with increased incidence of many forms of cancer.
- \*\* Obtain adequate exercise. Your Doctor can provide you with an excellent exercise program to help you start.

# Longevity Index (continued)

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## Diabetes Risk Profile



Diabetes is a disorder of carbohydrate metabolism. It is estimated that there are about 11 million diabetics in the United States. However, 5 million of them have not been diagnosed. Diabetes can cause life-threatening complications, especially when not diagnosed and treated properly. Diabetes is the seventh leading cause of death in the U.S., killing more than 130,000 people.

The condition is characterized by abnormally elevated blood sugar (hyperglycemia). Diabetes is the result of inadequate production or utilization of insulin. Several factors can lead to diabetes including: hereditary, poor nutrition, exercise habits, and excessive body fat. The following intervention factors are a result of your analysis:

### Intervention Factors

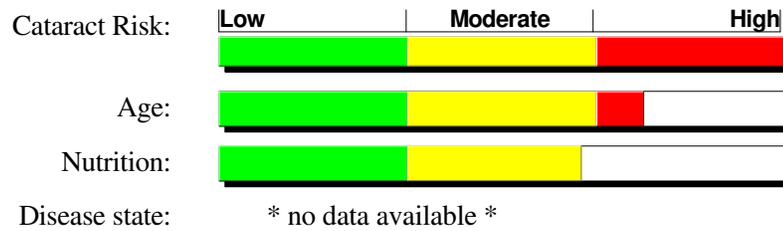
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- \*\* You have an elevated glucose level detected in your blood.
- \*\* Changes in your nutrition are required. Your health care provider can prepare a nutrition recommendation for your specific needs.
- \*\* Reduce your percent body fat through proper diet and exercise

## Longevity Index (continued)

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### Cataract Risk Profile



Cataract disease affects the lens or capsule of the eye, or both. There are many different types of cataract diseases. While the main cause of the disease is thought to be associated with aging, other factors include injury and infection. Recent medical research has shown that the disease may be associated with improper nutrition and supplementation. The following results have been obtained from your analysis.

#### Intervention Factors

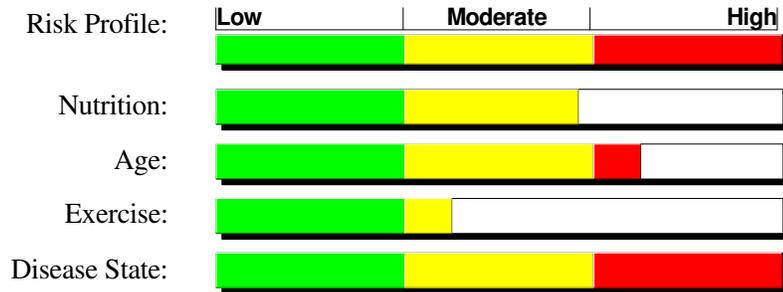
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- \*\* You have an increased risk of contracting cataract disease because of your age.
- \*\* Your current nutrition habits should be improved. Your health care provider can prepare a nutrition recommendation for your specific needs.

# Longevity Index (continued)

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## Osteoporosis Risk Profile



Osteoporosis is a condition, which affects individual bones by increasing the porosity, or density of the bone. The condition is also known as "brittle bone" disease. More than 1.5 million osteoporosis fractures occur each year. It is estimated that more than 70% of the fractures that occur beyond the age of 45 are related to osteoporosis. Most cases of osteoporosis are associated with postmenopausal women.

While the disease is usually associated with normal aging, we now know that the disease can actually begin at about 40 years of age and primarily affects females. Poor nutrition and inactivity are the primary factors associated with the onset of clinical symptoms.

### Intervention Factors

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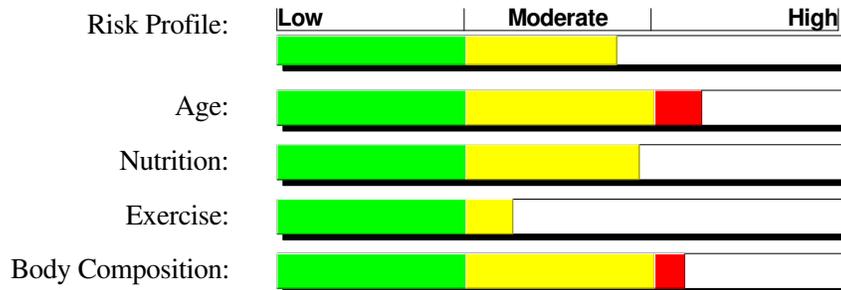
- \*\* You are currently at risk for osteoporosis because of your age.
- \*\* Changes in your nutrition habits will help lower your risk. Your health care provider can prepare a nutrition recommendation for your specific needs.
- \*\* You should increase your exercise level to a minimum of 3 days per week for at least 20 minutes. Ask your provider for specific information.

## Longevity Index (continued)

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### Arthritis Risk Profile



Arthritis is a chronic inflammation of a joint accompanied by pain, swelling and can frequently result in deformities and changes in the capsule and structure of the joint. Arthritis can strike anyone at any age. Many people believe that arthritis is a normal aspect of aging, however, medical research has now demonstrated that individuals can take an active role in the prevention and treatment of arthritis with proper nutrition, exercise, and supplementation.

#### Intervention Factors

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- \*\* You are at an increased risk for arthritis because of your age.
- \*\* Increase the amount of calcium in your diet. Proper nutrition habits will help lower your risk.
- \*\* Reduce your current body fat percentage. Excess body fat can put extra stress on your muscle skeletal system.
- \*\* You should increase your exercise level to a minimum of 3 days per week for at least 20 minutes. Ask your provider for specific information.
- \*\* Changes in your nutrition habits will help lower your risk. Your health care provider can prepare a nutrition recommendation for your specific needs.

# Longevity Index (continued)

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## Exercise Profile



Adequate exercise is an important aspect of any healthy lifestyle. However, most individuals do not get enough exercise. Exercise plays a vital role in your overall health and wellness. Research has shown that exercise decreases body fat, blood pressure, cholesterol and reduces stress in addition to helping prevent coronary heart disease. Aerobic exercise is the key to burning body fat.

### Intervention Factors

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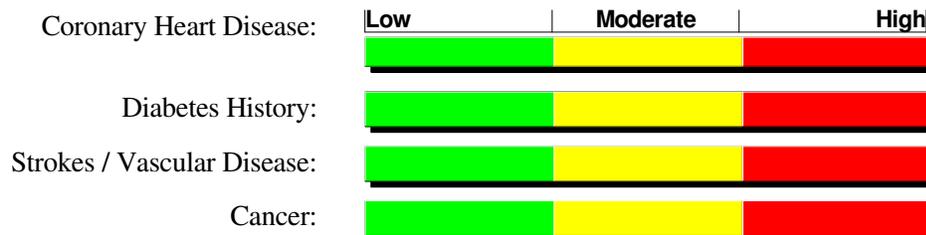
- \*\* Increase your exercise level to at least 3 days per week. Walking, an aerobic exercise, is a good way to start your exercise program.
- \*\* Each exercise period should be at least 20 minutes at your Aerobic Heart Rate Zone of: 122-140 beats per minute.
- \*\* Always stretch properly and warm-up before exercise to reduce your risk of injury and improve performance.
- \*\* Ask your Doctor for information on an introductory exercise program.

## Non-controllable Risks



Your non-controllable risk factors are based on hereditary indicators passed on to you from your direct family. While you cannot reduce your non-controllable risk factors, if you have a moderate or high risk, you must take an aggressive role in reducing your controllable risk factors.

The following bar graphs shows your risk of certain conditions based on your family history:



# Longevity Index (continued)

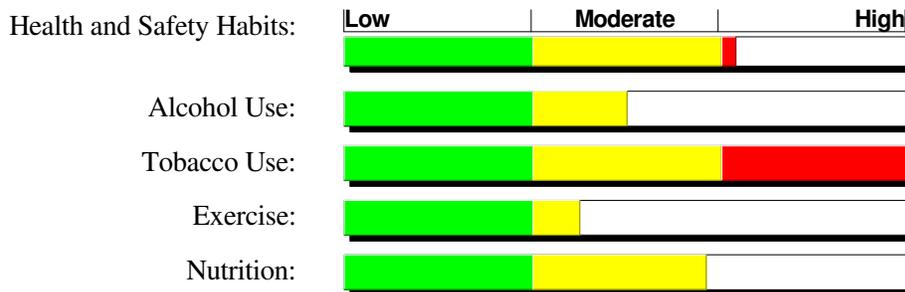
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## Lifestyle Analysis



Your lifestyle analysis has been compiled from the questionnaire you completed. Maintaining a healthy lifestyle can significantly increase your health and longevity. Poor lifestyle habits can be among the easiest and most effective improvements you can make to your healthier style of living. Make the choice today to provide positive changes in your life!

The following bar graphs show the impact of various lifestyle choices on your health:



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## Personal Health and Safety



The lifestyle analysis questionnaire you completed was used to produce your Personal Health and Safety Profile. Taking preventive actions and intervention is not only an important health consideration for you, but can also affect your family. Take a moment to analyze the results of your Health and Safety Profile and take immediate action where appropriate.

### Intervention Factors

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- \*\* Annual dental check-ups are a vital part of personal health care. Poor dental care can lead to serious disease.
- \*\* Bleeding gums can be a sign of serious dental health problems. Contact your dentist immediately.
- \*\* Wearing your seat belt while you are in an automobile is an important safety factor. It is estimated that 10,000 lives would be saved each year, if everyone wore their seat belts.

## Longevity Index (continued)

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### Nutrition Profile



Nutrition plays an important role not only in reducing your risk of developing coronary heart disease and cancer, but also in making your body function more efficiently. Proper nutrition increases your energy and vitality, thus improving your quality of life. Your Doctor can provide you with an excellent nutrition program based on your body composition and exercise program.

The following intervention factors will help you improve your current nutritional status.

#### **Intervention Factors**

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- \*\* Reduce the amount of saturated fat in your diet.
- \*\* Increase your consumption of fruits to a minimum of 2 per day. Fruits provide a valuable source of high quality energy for your body.
- \*\* Dairy products such as low fat milk, cheese and yogurt provide an excellent source of calcium. You should consume 2 servings per day.
- \*\* Reduce the amount of "junk food" you are currently consuming. These products are usually high in fat and preservatives.
- \*\* You should drink at least 8 glasses (8 oz/ea.) of water every day.