

SIGEP SOUND BODY WELLNESS TRACKER

The Wellness Tracker is where you build your personal database and keep it up-to-date.

Your long-term health can be sustained through a system of three components:

Personal Health Database — Early Detection — Prevention

Name _____

Height _____ (in inches)

Weight _____ (in pounds)

Body Mass Index (BMI)

1. Divide your weight in pounds by your height in inches.
2. Divide the result by your height in inches.
3. Multiply the result by 703.

The result is your BMI. If your BMI is 25 or above, you need to be concerned about your long-term health and pursue a more aggressive sound body program.

Other key elements in your personal database:

Blood Pressure _____; target is 120/80

Cholesterol _____; target is below 200

HDL (good) Cholesterol _____ above 60

Blood Glucose _____

Testicles clear of irregularities? _____ check often

What should you be doing:

Build a family history: high blood pressure, diabetes, colon cancer, stroke, prostate cancer, skin cancer.

To keep a personal log to build and update your personal health database, visit www.freetrainers.com.

Overall prevention includes: safe sex, reasonable alcohol use, no tobacco or drugs, reasonable exposure to the sun, and plenty of exercise with a sensible diet. Aerobic and anaerobic activity at least three times a week, an annual physical exam, and an annual dental checkup.