

Start making healthy lifestyle !

Well-balanced meal



- Chew well, eat leisurely
- Finish supper at least 2 hours before going to bed
- Take 350 g vegetables a day
- Have less deep-fried food and eating-out occasion
- Keep salt intake down
- Choose water or tea instead of choosing sweetened beverages



Proper amount of exercise



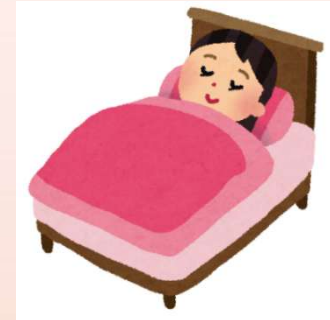
- Be physically active for at least 60 min. a day
- Try to find 10 more minutes to do your exercise, no matter how busy you are
- Combine muscle building training and walking, etc.

Refer BMI to build well-balanced physique!

$BMI = \text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)}$

※BMI 22 is said to be the most
insusceptible to diseases

Good quality sleep



- Get more than 6 hours of sleep
- Not to be stressed out



No Smoking!!



Avoid alcohol



Check your physical condition from the result !

Examination items	Normal levels 	Abnormal levels	Require additional exam. 	Raise the risk of...	Your current condition
BMI <kg/m ² >	18.5~under 25.0	25.0 and over		 Obesity	Accumulated body fat
Ventral girth <cm>	M / under 85 F / under 90	M / 85 and over F / 90 and over			
Systolic Blood Pressure <mmHg> Diastolic Blood Pressure <mmHg>	Systolic/ not exceeding 129, also Diastolic / not exceeding 84	Systolic/ 130~139 or Diastolic/ 85~89	Systolic/140 and over or Diastolic/90 and over	 Hyper-tension	High pressure on blood vessels
Fasting triglyceride <mg/dL>	Not exceeding 149	150~299	300 and over	 Dyslipidemia	High blood lipid level
HDL cholesterol <mg/dL>	40 and over	30~39	Not exceeding 29		
LDL Cholesterol <mg/dL>	Not exceeding 119	120~139	140 and over		
Fasting blood sugar <mg/dL>	Not exceeding 99	100~125	126 and over	 Diabetes	High blood glucose level
Hemoglobin A1c <%>	Not exceeding 5.5	5.6~6.4	6.5 and over		
Urine sugar	—	±	Get more than a +		
Urine protein	—	±	Get more than a +	 Kidney diseases	Kidney malfunction is suspected
Uric occult blood	—	±、+	Get more than two ++		
Creatine <mg/dL>	M / Not exceeding 1.00 F / Not exceeding 0.70	M/1.01~1.29 F/0.71~0.99	M/1.30 and over F/1.00 and over		
eGFR <mL/min./1.73m ² >	60.0 and over	45.0~59.9	Not exceeding 44.9		
Uric acid <mg/dL>	2.1~7.0	Not exceeding 2.0 or 7.1~8.9	9.0 and over		
AST (GOT) <U/L>	Not exceeding 30	31~50	51 and over	 Hepatic diseases	Hepatitis, Fatty liver, etc., are suspected
ALT (GPT) <U/L>	Not exceeding 30	31~50	51 and over		
γ-GT (γ-GTP) <U/L>	Not exceeding 50	51~100	101 and over		

