



Health and Wellness Assessment

Roger

- Age: 55
- Occupation: long-distance truck driver
- Lifestyle: smokes 1 pack of cigarettes a day, eats mainly fast food and processed snacks. High cholesterol. BMI = 30
- Family history: heart disease and high cholesterol
- Fitness plan: occasional walks, no regular physical activity



Dianne

- Age: 40
- Occupation: Investment banker
- Lifestyle: works 60+ hours per week, healthy diet. BMI = 19
- Family history: depression and bi-polar disorder among family members
- Fitness plan: Cardio 6 times per week, 60 minute sessions



Jarrood

- Age: 25
- Occupation: unemployed
- Lifestyle: smokes 2 packs a day and drinks alcohol every day (5+ drinks per day). Diet includes mostly fast food or frozen meals. BMI = 20
- Family history: unknown
- Fitness plan: none



Janet

- Age: 46
- Occupation: college professor
- Lifestyle: healthy diet, bikes to work.
BMI = 27
- Family history: heart disease and mental illness
- Fitness plan: Yoga or Pilates 2 times per week, cardio 3 times per week



Mildred

- Age: 75
- Occupation: retired
- Lifestyle: lives alone, diet includes a mix of healthy food and prepared food and snacks. BMI = 23
- Family history: heart disease, breast and colon cancer, high cholesterol, kidney disease
- Fitness plan: occasional walks- less than 2 miles per week.

