

Dear patient:

Please see below general recommendations for healthy lifestyle changes:

- 1) Lose weight to achieve target body mass index <25 or waist circumference <102 cm for men and <88 cm for women through healthy lifestyle habits (reduction in daily caloric intake and regular exercise).
- 2) Reduce or avoid consumption of saturated and trans fats and adopt a Mediterranean or DASH-like diet (high in fresh fruits, vegetables, dietary fibre, non-animal protein (e.g. soy) and low-fat dairy products).
- 3) Engage in at least 150 minutes/week (30-60 min sessions) of moderate to vigorous intensity aerobic exercise (e.g. walking, cycling, swimming) in addition to the routine activities of daily living. For patients with diabetes or other vascular risk factors, combine with resistance or weight training exercise (e.g. free weight training, fixed weight lifting, etc.).
- 4) Reduced sodium (salt) consumption to 2g (2000 mg) per day if you have hypertension (high blood pressure). Home blood pressure target is <135/85 mmHg or if diabetic patients <130/80 mmHg.
- 5) Limit alcohol consumption to <14 drinks/week for men and <9 drinks/week for women (0-2 standard drinks/day).
- 6) Smoking cessation and maintenance of smoke-free environment.
- 7) Maintain good sleep hygiene to achieve regular sleep duration 6-8 hours/night.

Sincerely,

Dr. Lim