1 out of 3 adults above 30 have a lifestyle disease.

With age, the likelihood of lifestyle diseases increases. 67% of the population above 60 have a lifestyle issue.

Cardiac problems, diabetes, high cholesterol, and thyroid are common issues.

Seniors (61+):
- 8% have diabetes
- 17% have high cholesterol
- 41% have heart disease
- 21% have thyroid issues

Adults (31-41):
- 8% have diabetes
- 17% have high cholesterol
- 7% have heart disease
- 2% have thyroid issues

Older Adults (46-60):
- 11% have diabetes
- 19% have high cholesterol
- 24% have heart disease
- 6% have thyroid issues

Kolkata is the unhealthiest city, while Bangalore is the new fitness capital of India.

Weather influences activity and hydration:
- April, the hottest month of the year, is the least active month.
- Pleasant cold months of November, December, and January were more active.
- Monsoon months of June to September were least active for cities like Chennai and Mumbai.
- Despite February having high activity, the water count was less.
- High water intake in hot months and low water intake in cold seasons.

TGIF: Friday is the most active day of the week.

Men are more generous. Bangalore, Delhi, and Pune are the most generous cities.

Generosity increases with wisdom.

Sleep reducing with age:
- Seniors sleep less.
- Teenagers get the least sleep.
- Kolkata, Chennai, and Ahmedabad are the most stressed-out cities.

Young India is becoming health conscious.
- Steady increase in the percentage of teens that are getting more health conscious (from 4.8% to 5.5%).
- Younger group focuses more on getting active and fit, training for an event, building muscle.
- As one ages, yoga and walking tend to become a better option.
- Older Adults (46-60) have the highest average water intake.

Since 2015, increase in lifestyle diseases:
- Diabetes and thyroid.
- Average step count has increased from 6800 to 7746.
- Top 5 activities in order: walking, running, gym, cycling, and yoga.

What India eats:
- Fruits, salad, poha, oats, dry fruits & nuts, idli, dosa, top healthiest foods.
- Fries, pizza, maggi, biryani, maggi, pasta, top junk food.

Less water intake when at home on the weekends.

Food choices are healthier on the weekends.

Sunday is the most inactive day of the week.

Men focus on adding protein and pre & post-workout meals to their diet.

Women focus on weight management and eating healthy.

Women stay active with dance, yoga, climbing stairs, walking, aerobics.

Women have higher % of Thyroid issues.

Supporting girl child education, empowering women against violence, supporting children affected during terror attacks, providing healthy meals to needy children.

Bengaluru hopes to have healthier breakfast more than other cities.

Women work out indoors and eat healthier than men.

Men have higher % of cardiac problems, diabetes, and cholesterol.

While men stay active with weight training, sports, and running.

Men focus on adding protein and pre & post-workout meals to their diet.

Women have higher % of Thyroid issues.

Women are more focused on weight management and eating healthy.