

TIPS FOR GOOD HEALTH

1. Hurry and rush will make your Blood gush.
After 40 years check your B.P. quarterly.
- | | | | |
|----------|-------------|-----------------|--|
| Age | Normal B.P. | | |
| 20 years | | 120/80 mm of Hg | |
| 40 years | | 130/80 mm of Hg | |
| 50 years | | 130/84 mm of Hg | |
| 60 years | | 130/84 mm of Hg | |
- Height in Inches / cms Standard Weight**
- | | | | |
|------------------|---------|--------|--|
| 4 feet 9 inches | 145 cms | 55 kgs | |
| 5 feet 0 inches | 153 cms | 57 kgs | |
| 5 feet 3 inches | 160 cms | 60 kgs | |
| 5 feet 6 inches | 168 cms | 65 kgs | |
| 5 feet 9 inches | 176 cms | 72 kgs | |
| 5 feet 11 inches | 181 cms | 78 kgs | |

2. Vegetables in food can make life "Good"
3. Excise eight minutes a day to fight aches away.
4. Blood Sugar Normal levels.

Fasting sugar	After meal sugar
Less than 110 mgs%	Less than 140 mgs%

After the age of 40 years check your Sugar once a year.
5. Lesser the "fried" food, lower is the cholesterol.
Normal Cholesterol 140-180 mgs%
6. Avoid tobacco in any form.
7. Health is Wealth to your Credit in the Bank Account.

MINIMUM BALANCE TO BE MAINTAINED IN SAVINGS BANK ACCOUNT

	With cheque facility	Without cheque facility	Charges for non-maintenance of minimum balance
<i>J</i>			
Rural & Semi-Urban branches	Rs. 500/-	Rs. 100/-	Rs. 7/- p.m.
Other branches	Rs. 1000/-	Rs. 500/-	Rs. 14/- p.m.
Pensioner's S.B. Account	Rs. 250/-	Rs. 5/-	As above
No Frills S.B. Account	NIL	Rs. 5/-	NIL

SHASTRI NAGAR, PATNA [1512]-Branch

F69-A (EH) (011686) 8,00,000 Bks x 16P Fernun 07/12



इण्डियन ओवरसीज बैंक
Indian Overseas Bank

SB-PUB Account No.: 151201000007944

Opened on: 26/04/2013

SHASHI KUMAR GUPTA
S/O LATE DINESH SAW
VILL+PO+PS-BELAGANJ 5
GAYA (M CORP.) Tn GAYA TOWN C.D.BLOCK TK
GAYA - 804403 BIHAR

P Cust ID: 3100441



29/4/13
प्रबंधक Manager