

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +



What will it say about YOU?

Start 2015 in a Healthy Way

Life Quiz Introduction

We all have good intentions. Setting New Year's resolutions, especially health related ones, is a good example. Unfortunately, many of these resolutions are never achieved. One of many reasons is that they are often set over ambitiously. It is difficult to set realistic goals if you don't really know from what point you are starting from. I think it is fair to state that most of us don't fully understand our state of general health, fitness, nutrition, emotions or holistic lifestyle.

Optimyz, www.optimyz.com, has developed a "Life Quiz" to help you identify what your strengths and weakness are in these various areas of your life. If you can identify areas that need improving you can put strategies in place to help you do so. Understanding where you are will help you get to where you want to be. Do the quiz and follow the suggestions at the end and you will have a more productive and healthier 2015. Remember, your ultimate goal should always be to be healthier at the end of the year than you are at its beginning.

Did You Know

Quiz Instructions

Answer each question on a scale

of 0-5, where;

- 1 = strongly disagree
- 2 = disagree somewhat
- 3 = neutral, don't know or not applicable
- 4 = agree somewhat
- 5 = strongly agree

Score each section and then tally your sub scores to get your overall score.

Footnotes to Quiz

(1) Radon- **Radon** is a colourless, odourless gas that can seep undetected into your home and cause lung cancer. For further info: <http://healthycanadians.gc.ca/healthy-living-vie-saine/environment-environnement/home-maison/radon-eng.php>

(2) Blood ph - ph is a measure of acidity / alkalinity. Blood ph should be in a range of 7.35 and 7.45 with normal being 7.4. Proper function of the lungs and kidneys is necessary to maintain normal ph levels. Exercise, certain foods, caffeine and stress can alter ph levels. For further info: <http://www.healthline.com/health/acidosis#Description1>

(3) Resting Heart rate- the typical resting heart rate in adults is between 50 -80 beats / minute.

(4) Body fat percentage- total weight of fat divided by total weight

Ways to measure:

1. Skin fold caliper
2. Anthropometric- tape measure neck, waist and height (easiest but least accurate)
3. Bioelectric Impedance analysis
4. DEXA scan

For measurement techniques 1 & 2 Go to the following link for calculation of Body fat %

<http://www.linear-software.com/online.html>

(5) Healthy fats - olive oil, nuts(almonds, peanuts, pecans, cashews, walnuts), flaxseed, tofu, fatty fish (salmon, tuna, trout).

(6) Food label reading - learn how to read food labels before buying- <http://forever-active.com/understanding-the-nutrition-facts-label-on-your-food-items/>

The Quiz

Health

- I wake up naturally and feel well rested most mornings.
- My family medical history does not include cardiovascular disease, diabetes, cancer or mental/neurological illness before the age of 60.
- I do not smoke, drink alcohol or use recreational drugs.
- I have my home tested for Radon (1).
- When outdoors I wear a sunscreen of at least SPF 15.
- I floss regularly and maintain healthy gums
- I have good digestion and regular bowel movements
- I get a physical examination with blood and urine tests at least one every two years.
- I spend most of my time in a location with good air quality.
- I have been tested for STD's.
- My body's ph level is within a healthy range (2).
- My workplace is healthy and safe.

Nutrition

- Every day I consume healthy fats (5).
- Meat eater- I regularly eat grass fed animal or Vegetarian– consume healthy fats & a protein at every meal.
- I read labels on the food I buy (6).
- I drink at least 5-8 glasses of water a day.
- I eat broiled or barbecued meats less than once a month.
- I consume vitamins /supplements to complement my diet.
- I allow myself occasional treats and cheat meals.
- I eat a balanced diet that includes lots of fruits & vegetables.
- I fuel my body with a meal or snack every three hours.
- I regularly consume “super foods” such as berries, garlic, greens and avocados.
- I choose complex carbohydrates such as multigrain's instead of refined (white) products.
- I try to minimize my consumption of sugars

Fitness

- Most days I am able to avoid sitting for long periods.
- I exercise 3 times a week for at least 45 minutes.
- My heart returns to its resting rate within 5 minutes of vigorous exercise (3).
- I have a comfortable range of motion in my hips and shoulders.
- My body fat percentage is approximate for a person my age. (4)
- I can hold a squat position for 30 seconds.
- I can do at least 20 push-ups (male); 5 push-ups (female).
- I can run at least a kilometer at a moderate pace.
- I can touch my toes with my knees straight.
- I can balance on each foot for 60 seconds.
- I have a strong grip with each hand.
- I can get up quickly from a sitting or lying position.

Mind

- I laugh at least 10 minutes a day.
- I cry at least once a month.
- I engage in sexual activity with a partner at least two times a week.
- I have close friends with whom I keep in regular contact.
- I set goals for different aspects of my life and follow through with plans to achieve them.
- I spend time with pets or other animals.
- I am in a satisfying long-term relationship.
- I engage in meditation or other mindfulness techniques to reduce stress.
- I have a spiritual practice or feel connected to a higher power.
- During difficult times. I can usually find the help and support I need.
- I regularly challenge my brain with puzzles, games and demanding physical activities.

Holistic Life

- ___ At least once a year I travel to a destination that is new.
- ___ I make fitness a priority when I am away from home.
- ___ I spend at least an hour outdoors of 4 times a week.
- ___ I am usually active in at least one passionate hobby.
- ___ I volunteer regularly.
- ___ Every week I have a novel experience.
- ___ I vary my daily, weekly and monthly routines so that I don't feel stale.
- ___ I challenge myself by taking myself out of my comfort zone.
- ___ Everyday I have at least one spontaneous outburst of fun.
- ___ I feel financially secure.
- ___ There is opportunity for advancement / growth in my career.
- ___ I have a good relationship with my boss or supervisor.

What it all Means

1. Add Up Your Score

___ Health ___ Fitness ___ Nutrition ___ Mind ___ Life
 ___ Total Score

2. Interpretation of Results

Score	Interpretation
251-300	Amazing score. Keep challenging yourself by setting new short and long term goals.
201-250	Very Good. Select two items from your weakest area and strategise on how you will improve them over the three months.
151-200	Room for improvement. Select one area of your life and set two new goals to accomplish over the next three months. Accomplishing short term goals will encourage you to set and accomplish longer-term goals.
60- 150	Time to take control of your life. Decide which part of your life you want to address first. Consult a life coach, personal trainer or mentor to help you get started on a healthier wellness based life.

Take a pen and mark and connect the scores you achieved in each sector of the Wellness Chart as your visual reference



Summary

Look at the chart you just completed. Are you happy with how it looks? Are there areas that need improving so your life is healthier and more fulfilling? Of course there are, we all have areas in our lives that we can improve upon. Don't be discouraged. This is just the beginning, the launching pad, to making significant changes and improvements in the quality of your life. As you identify the specific areas and things that you want to improve upon remember to do it in a SMART way. Make the changes SPECIFIC, MEASUREABLE, ACTION ORINENATED, REALISTIC, TIMELINED. For more information on how to make SMART goals check out my January 2014 newsletter, <http://forever-active.com/wp-content/uploads/2014/01/Forever-Active-New-Years-Resolutions.pdf>.

Making changes in your life is challenging but also very rewarding. It takes planning, patience, discipline and effort. Changes happen in small increments, and they will happen but always remember, "Success is in the Doing", so start now.