



Fitness Frontline

How are
you going



my fitness record

www.myfitnessrecord.com.au



Health climate
survey



Universal
fitness
test



Elite
fitness
test



20m run



Musculo-
skeletal
fitness



Specific joint
condition



Clinical
diagnostic
assessment



Metabolic
fitness



Diet



Chemical
Intake

STRESS



Career
satisfaction



Meaning &
purpose



Family



People



Finances

Digital



The Australian Digital Health Agency has developed 'My Health Record'. *'a safe and secure place to keep key health information, available to individuals and their healthcare providers ... information like immunizations, pathology and diagnostic imaging reports, prescription and dispensing information, surgery, hospital discharge summaries and more.'*

But here's the rub, the Digital Health Agency has narrowed the focus of 'health' by creating what is for all intents and purposes a medical record. Without fitness information it is an incomplete record.

Enter **My Fitness Record**:

- incorporating a broad span of health, fitness and wellbeing assessment profiles
- encouraging individuals (adults and students) to keep themselves fit, healthy to the best of their ability, and complete (at least some) of the My Fitness Record profiles on a regular basis.
- enabling medical, fitness and allied health practitioners to gain more detailed information about the health, fitness and wellbeing of their clients
- assisting health and workers compensation insurers to better rate their premiums against risk, or if that's not possible, to at least get a picture of the health, fitness and wellbeing of their clients.
- collecting information that paints a broader picture of the health, fitness and wellbeing of the community. Currently there is no central collection of physical fitness data in Australia. No-one knows how physically fit the nation is or what needs to be done to improve it.

'**Fitness**' is the word that dare not speak its name in the medical realm.

And this is at a time when low levels of physical fitness – aerobic, strength and flexibility – are contributing to the exponential growth of the medical treatments. Many of the body system dysfunctions being treated (at great expense to the government dollar) are personally-generated - metabolic, musculo-skeletal and mental health. The cause, a lack of regular and systematic aerobic fitness, strength and flexibility training.

Our vaulting ambition is that medical, fitness and allied health practitioners will incorporate My Fitness Record assessments into the process of prescribing, measuring, managing and monitoring the health, fitness and wellbeing of their clients.

John Miller

My Fitness Record

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SNAPSHOT

- a selfie of your health, fitness and wellbeing -



Do you really know, 'How'r yer going?'

You've been feeling a bit off colour, so you go to the doctor. You've had your blood pressure taken. You've been sent off to get a few pathology tests. You've gone back to the doctor to get the results; they're a mixed bag but you're not going to die. The doctor scribbles a script for the chemist. End of visit, problem solved.

Unless you've got a good doctor, the thing you're most unlikely to get at the surgery is an assessment of your metabolic, musculo-skeletal and mental fitness, in short a broad snapshot of how your life is going.

Rarely, if ever will you come away with a really good assessment of your total health, fitness and wellbeing.

But deep down you know it's time you took a grip on yourself, changed your eating habits, lost weight, laid off alcohol, caffeine, flour and sugar and got more exercise. You know it's time you started thinking about your career, stepped up to a bigger challenge, sorted things out at home and started saving, not spending.

So, to whom do you go for this sort of advice? The short answer is 'yourself'.

And where do you start? The short answer is with the assessments in 'My Fitness Record'.

The assessments are now located, and can be completed online at the www.myfitnessrecord.com.au website

After completing the assessments you can discuss your results with (yourself), a partner, friend, medical, fitness or allied health practitioner. Ideally, you'll come away inspired and motivated to do the things you need to do to keep yourself fit and healthy. More than that, the assessment process will get you focused on some of the big things in your life that matter, most especially your *Self*.

And on the question of 'motivation', always remember that you don't motivate yourself to do something, you do something and then become motivated. A lot of people have found a Fitbit watch a highly motivating exercise companion.

Don't ask what your country can do for you, ask what you can do for yourself.

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You, the individual, can do more for your own health and well-being
than any doctor, any hospital, any drug, any exotic medical advice.
Julius Richmond, US Surgeon General 1979

INTRODUCTION

The Australian Government's **My Health Record** is, for all intents and purposes, an extension of a **My Medical Record**. Of course a medical report is usually the digital repository for medical prescriptions, pathology, radiology and surgical reports. General health, fitness and wellbeing don't get a mention.

In a way it's typical of the focus of departments of health throughout the country, where whenever there is a discussion about 'health' what they're really talking about is 'medicine'.

At a time when the health of the nation is in decline, 'fitness' is the word that dare not speak its name in surgeries, hospitals, or the rooms of specialists and allied health practitioners.

Rarely is physical fitness – aerobic, strength or flexibility - prescribed in scientific dosages, let alone measured, managed or monitored.

Rarely are people invited to check their mental fitness or the fitness of their career, family and social life.

MY FITNESS RECORD is designed to fill this gap in the collection and storage of health, fitness and wellbeing data.

As an individual you can complete a range of assessments and keep the data just for yourself. It's a motivational tool.

However, My Fitness Record is also a valuable repository of information that can be forwarded by email to medical, fitness and allied health practitioners.

For example, as a way of providing background information, a doctor or counsellor could ask a client to complete and forward the Health Climate Survey prior to a consultation. Similarly with all the other assessments included in My Fitness Record.

MY FITNESS RECORD HOTLINE

One of our vaulting ambitions is to establish the My Fitness Record hotline. Whether or not you've completed a My Fitness Record assessment or want to talk to someone about any of the topics addressed in My Fitness Record, you'll be able to phone the My Fitness Record hotline, talk to someone and then be referred to one of our partners in any one of a range of disciplines – medical, fitness, nutrition, counselling or physical therapy.

We want My Fitness Record to come with a consulting service. If you have issue that arises from any of the assessments, phone the hotline for a free five minute consultation. If it leads to an appointment to discuss an issue it greater depth, you'll be asked to make a donation the you think is commensurate with the time spent and information received.

MY FITNESS RECORD PARTNERS

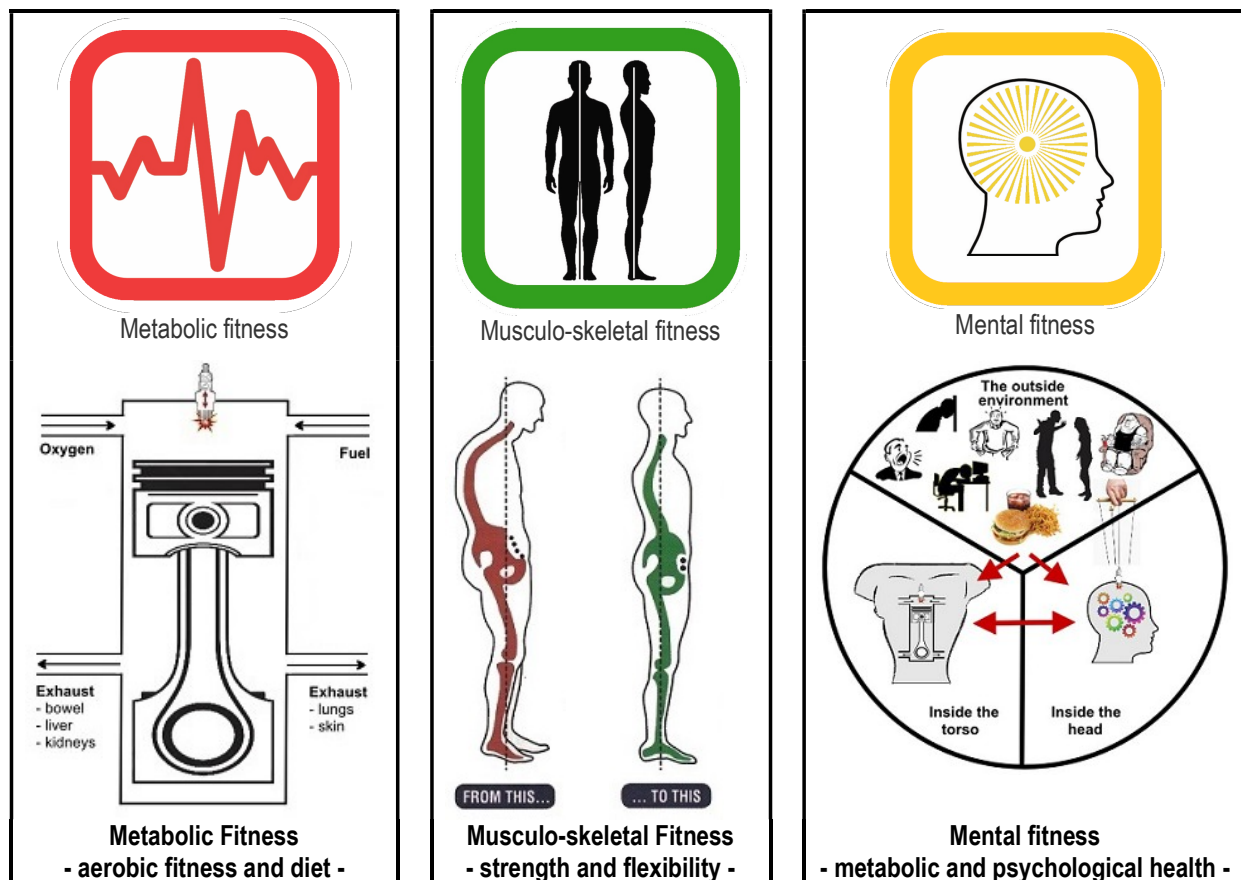
Another of our vaulting ambitions it to partner with medical, health, fitness, wellbeing and allied health practitioners who are committed to prescribing, measuring, managing and monitoring fitness - aerobic, strength and flexibility.

You'll be able to search for someone in a particular discipline who is in your area, or who you can consult online.

Modern medicine is a wonderful thing, but there are two problems:
people expect too much of it, and too little of themselves.
Don Ardell

THE ASSESSMENT PROFILES

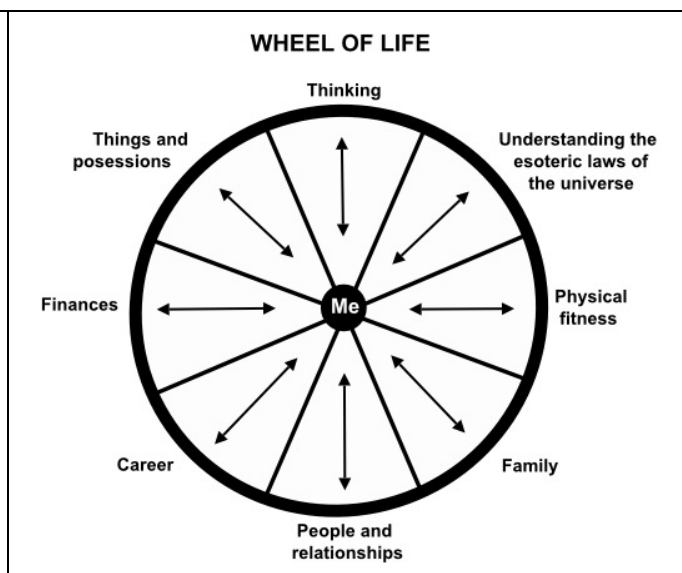
The assessment profiles in My Fitness Record have been grouped into three main categories.



THE MY FITNESS RECORD WHEEL OF LIFE

The profile selection of the My Fitness Record is also based on the parameters outlined in the 'Wheel of Life'.

There is one profile that hasn't yet been developed, the 'things and possessions' profile. But let's presume that if you've got a car, an air conditioner, a flat-screen TV, an internet connection and a mobile phone you're doing a lot better than your grandparents.





Poor metabolic fitness is growing at an exponential rate as people lead increasing sedentary lives, stuff themselves with various combinations of fat, flour, sugar and deep fried potato, drink too much alcohol and live lives that swing between stressed-out-of-their-brain and quiet desperation.

There are plenty of medical prescriptions that are designed to mask the symptoms of poor metabolic fitness, but that's not the same as restoring poor metabolic fitness to good.

That's because poor metabolic fitness is, in the main, related to fitness and diet, and only on the rarest of occasions can medical solutions fix fitness and diet problems. You have to fix them yourself.

THE METABOLIC FITNESS ENGINE

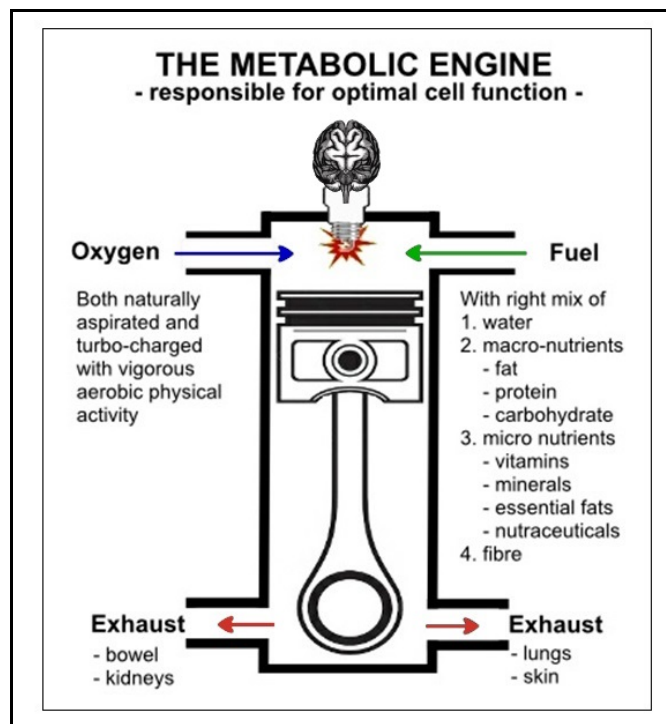
Metabolic fitness is the term given to describe the efficiency of the system that delivers oxygen and essential nutrients to cells and removes waste products from them.

The system is driven by the 'metabolic engine' that resides inside your torso.

The metabolic fitness engine is responsible for optimal cellular function. A more detailed look at the metabolic engine outlines its principal functions.

Poor metabolic fitness is intimately connected to the outside environment and the internal environment (mental health).

Most people are not well acquainted with the underlying causes of metabolic dysfunction. Similarly with those physicians who prescribe drugs to mask the symptoms – without prescribing fitness and diet solutions – and without measuring, managing and monitoring those prescriptions.



You can be certain that headaches are not caused by a lack of Panadol, depression is not caused by a lack of Zoloft, reflux is not caused by a lack of Mylantin, abdominal pain is not caused by a lack of Prilosec

High blood pressure is not caused by a lack of Avapro, high blood cholesterol is not caused by a lack of Lipitor, high blood sugar is not caused by a lack of Gliclazide anymore that piles are caused by a lack of Anusol!

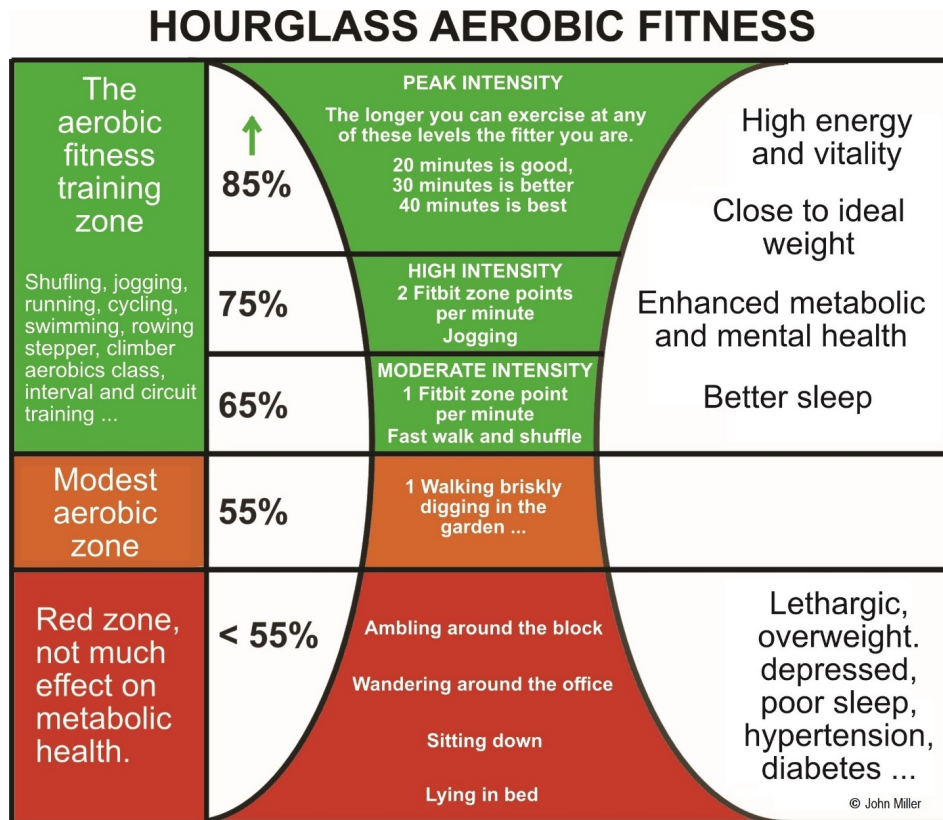
An aim of the My Fitness Report is to provide you with every encouragement and incentive to keep yourself metabolically fit.

Hourglass aerobic fitness

It's a big ask expecting to stay healthy without keeping yourself aerobically fit. It's an even bigger ask expecting to get better by having someone do something to you – sooner or later you have to do something to yourself.

EXERCISE IN THE GREEN ZONE OF THE AEROBIC FITNESS HOURGLASS

To keep yourself in good physical condition, exercise in the Hourglass Aerobic Fitness green zone. 40 Fitbit zone points a day is good, 50 is better and 60 is best.



I use and recommend the Fitbit aerobic fitness prescription and monitoring system. I find the Fitbit aerobic zone system highly motivating, particularly due to the way results are presented, during a workout, at the end of a workout and at the end of the week.

Fitbit has defined the difference between moderate, high intensity (vigorous) and peak intensity exercise. Exercising in any of the three zones improves metabolic health.

Fitbit uses, (estimated) age-related maximum heart rate and resting heart rate, fitness level, and heart rate reserve to calculate your heart rate zones and Active Zone Minutes. When you exercise you can receive 1 point per minute if your heart rate is above (circa) 65% of your age-related maximum heart rate and 2 points per minute if it is above (circa) 75%. Maximum age related heart rate is estimated to be (around) 220 minus your age. It will vary on how aerobically fit you are.

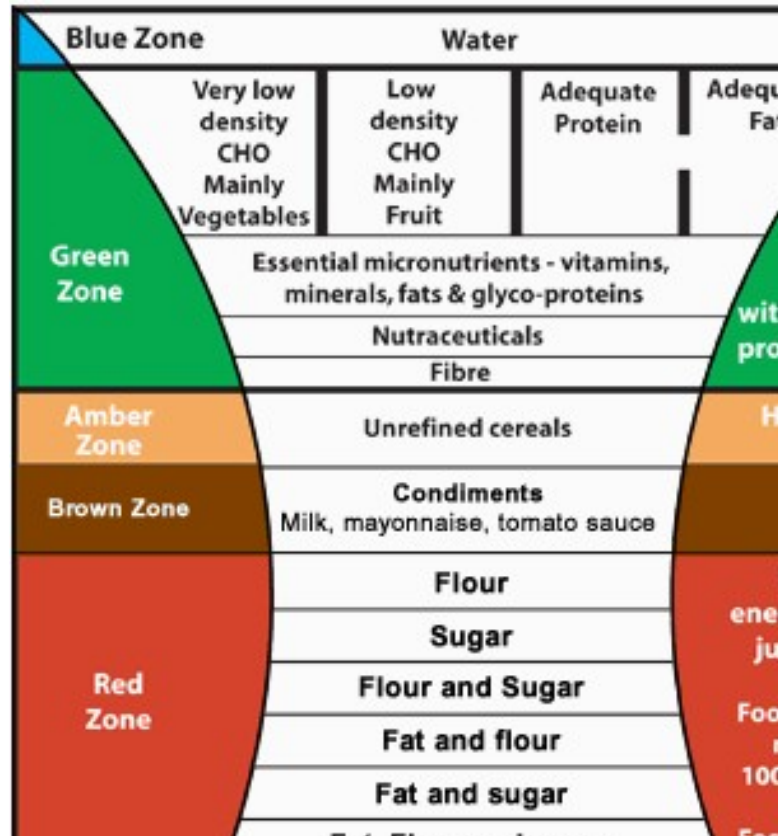
The percentage figures in the Hourglass Aerobic Fitness model are based on both Fitbit's guidelines and my own experience.

Let them eat cake. Let them eat hamburgers - with fries. Let them eat fried chicken. Let them eat fat and sugar. Let them drink sweet brown water.
With apologies to Marie Antoinette, Ray Kroc, Harland Sanders, John Cadbury and John Pemberton

Eat from the top of the hourglass

In a nutshell, it's good food at the top and junk down the bottom.

THE HOURGLASS DIET



The essential aspect of good nutritional guidelines is that they encourage you to

eat to nourish the cells of your body

- satisfy your hunger and
- maintain an ideal weight
- support good metabolic, musculo-skeletal and psychological health.

Couple the Hourglass Diet with regular vigorous exercise and you'll certainly be rewarded with good health.

If you're not in good health and you find it easy to put on weight, change your eating habits and eat from the top of the Hourglass.

1. Eat adequate amounts of vegetables and fruit.
2. Eat adequate protein and fat.
3. Eat less of the high density refined carbohydrates, the cereal-based foods like bread, pasta, breakfast biscuits, biscuits and cake..., along with eating less sugar.

Once you've tried out the Hourglass way of eating you will be in a good position to decide exactly how to eat wisely for the rest of your life. For most people this means becoming very circumspect about the amount of flour and sugar in their diet, and getting the right amount of fat, protein, micronutrients and fibre.

THE METABOLIC HEALTH DEFRAG

Have you ever watched your computer defrag? You may well ask, 'What is a defrag?'

Well, to keep a long story short, and in layman's terms, when your computer saves information to the hard disc it can tend to do it in a chaotic fashion. Bytes of the one document can be saved in different places on the disk.

The net effect of this chaotic placement of data is that it slows down the retrieval of the information. It takes longer for documents to open up. Over the weeks, months and years 'the ghosts in the machine' appear to be slowing it down.

Microsoft describes it thus:

'Disk Defragmenter consolidates fragmented files and folders on your computer's hard disk, so that each occupies a single, contiguous space on the volume. As a result, your system can gain access to your files and folders and save new ones more efficiently. By consolidating your files and folders, Disk Defragmenter also consolidates the volume's free space, making it less likely that new files will be fragmented.'

]

Here's what the defrag process looks like on your computer:



There's a big difference.

When people embark on a metabolic defrag that involves a vigorous aerobic exercise program a similar thing happens. Resting heart is lowered. Blood pressure and blood glucose come down. Percent body fat is lowered. They sleep better. They feel better. The list goes on; the benefits are legion. Of course, diet is also an important metabolic defrag component.

ASSESSMENTS

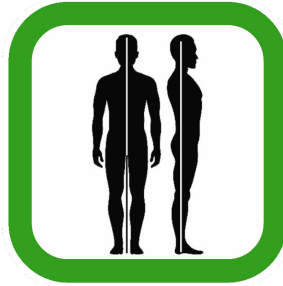
- Metabolic health
- Fitness
- Diet
- Chemical intake

RESOURCES

We've got a range of resources that you have access to, online or through your workplace.



I use and recommend the Fitbit zone points system for prescribing, measuring, managing and monitoring the amount of fitness training I do each week. The fitness prescription is based on a scientific formula involving **frequency** (number of times a week), **duration** (of each session) and **intensity** (based on heart rate). You get one zone point per minute if your heart rate is over (circa) 60% of your age related maximum heart rate, and 2 points per minute if it's over (circa) 75% of age related maximum heart rate.



Musculo-skeletal fitness

The Musculo-skeletal Health Program is a systematic, intensive, strength and flexibility exercise program designed to dramatically speed up the recovery of people suffering from personally-generated musculo-skeletal dysfunctions.

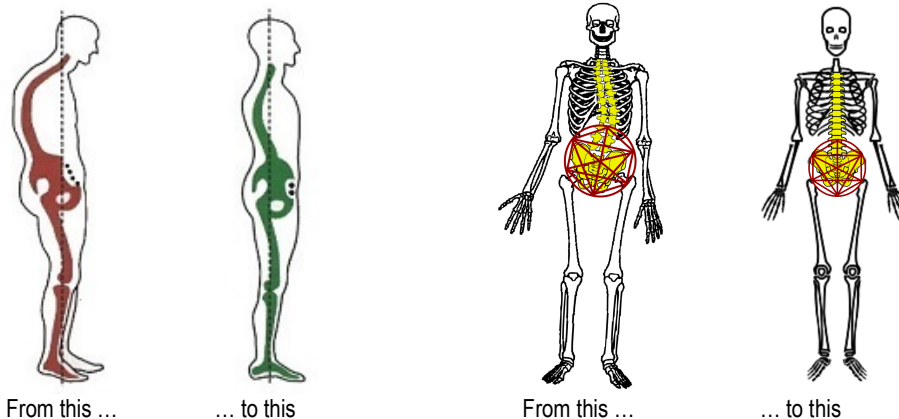
THE PREMISE

A high proportion of people with back pain have a fitness problem. Tight muscles attached to the pelvis have allowed the bones of first the pelvis and then the vertebrae to move out of alignment.

Misalignment of the pelvis also affects the hip and knee joints.

Weak muscles leave the body unprepared to deal with the normal stresses of lifting, pulling, pushing and propelling oneself and objects. That's the bad news.

Alignment, alignment, alignment



Fitness generated problems need fitness solutions and the only person who can administer the fitness (strength and flexibility) prescription are the individuals in pain. Joint and muscle pain is not caused by a lack of rubbing, crunching, heating, cooling, vibrating, electronic muscle twitching, hanging-upside-down, doping or surgery.

The My Fitness Record Musculo-skeletal Fitness Prescription is suited to all people with low back and other joint and muscle pain. In particular it's suited to people who

1. need a strength and flexibility training program to avoid joint and muscle pain
2. are at grave risk of a serious musculo-skeletal breakdown
3. are already in breakdown – and in pain
4. are currently involved in a rehabilitation program
5. have tried therapeutic modalities that haven't worked as well as they expected.

TENSEGRITY

Our common practice in western medicine is to reduce the body into parts ... and treat them ... in isolation. This form of reductionism is often simplistic. The tensegrity structural design principle recognizes that stability and ease of movement ... are determined by the way the entire system is configured. Kelly Clancy 'Tensegrity'

The term 'tensegrity' was coined by Buckminster Fuller in the 1960s as a word meaning 'tensional integrity'.

Tensegrity (or in the case of the human body, 'biotensegrity') is a combination of the words 'tension' and 'integrity', that defines a structural principle in architecture. It's a principle that lends itself to illustrating how fascia, ligaments, tendons, muscles and other internal structures work together to make sure the skeleton stays in good alignment.

A weakness or tightness in one part of the body may cause the entire structure to shift and disrupt tensegral balance. Pain appears in one or more joints. The pain is telling you to get your skeleton back into better alignment.

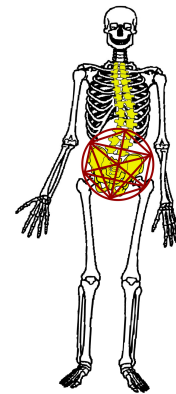
If you have a system problem, the pain is not telling you to rub or manipulate the site of the pain. The pain is telling you to 'fix the system'. Rubbing, crunching, heating and vibrating the spot where it hurts doesn't fix the system.

A pelvis in alignment stays in alignment unless acted upon by a force.

The pelvis is the largest bony complex in the human body. It's the 'foundation' of what goes on both above it and below it.

The tensegrity of the pelvis depends on the equilibrium created by the muscles, tendons, ligaments and fascia that are attached to it and hold it in place. As muscles attached to the pelvis tighten up, the pelvis is gradually drawn out of alignment. When that happens the structural integrity of the skeleton is disturbed, which explains why the cause of the pain (above and below the pelvis) is rarely at the site of the pain. See diagram opposite.

The body is designed to take (as a system) the strain that occurs when moving and lifting. With good lifting technique, the body distributes the strain, with the larger muscle groups doing the 'heavy lifting'.



ASSESSMENTS

- Specific joint assessment
- Musculo-skeletal health risk assessment

RESOURCES

Our key resource is the Global Back Care suite of ebooks.



Want to know more? Go to <http://www.globalbackcare.com>





Mental fitness

There is an epidemic of poor mental health. A comprehensive health and fitness audit is focused on both ends (and everything that's in between) of the mental fitness continuum.

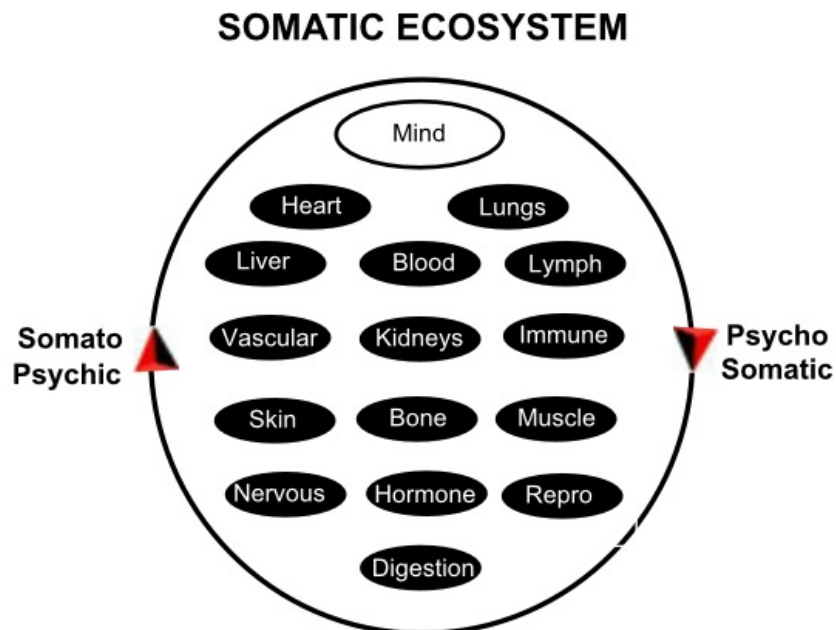


The green, orange, blue, red and black moods are related to one's environment, one's metabolic fitness and one's mental fitness.

THE SOMATIC ECOSYSTEM

First up, what's in a name? 'soma' = body, 'psyche' = mind.

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind may be relayed to other parts of the body via the autonomic nervous system. This is known as the psycho-somatic response.



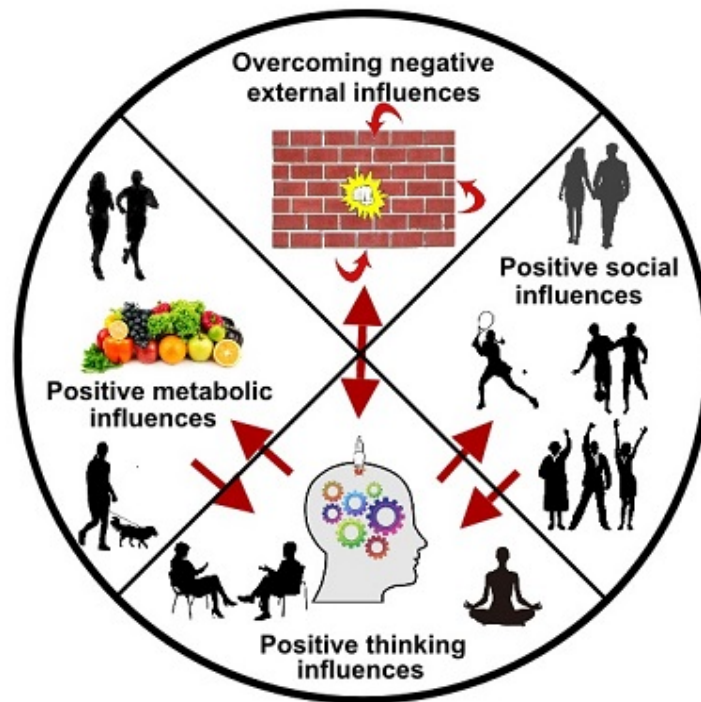
Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. This is known as the somato-psyche response.

You may not realize how stressed you are until you complete the **Health Climate Survey** but your body does. This explains the close relationship between metabolic fitness and mental fitness. The body is incapable of dishonesty!

In particular, poor mental fitness is frequently related to poor metabolic fitness which means that fitness and diet (along with cognitive and chemical treatments) are important aspects in the process of restoring poor mental fitness to good.

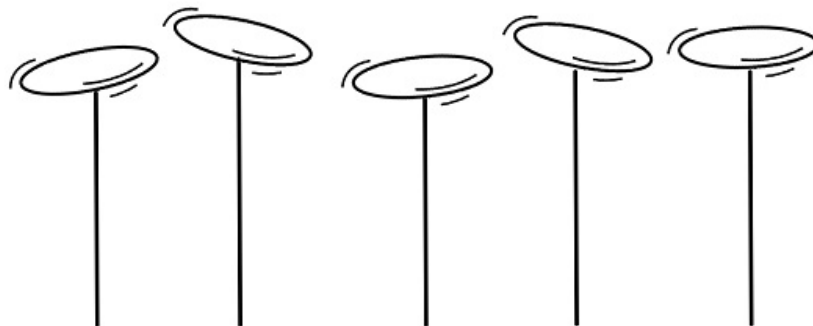
When it comes to mental fitness there are a lot of factors to keep an eye on.

STRESS MANAGEMENT MODEL



Frontline Primary Health Care includes a range of diagnostic, prescription and management tools that provide individuals, their doctor, counsellor, fitness practitioner and dietician with every encouragement and incentive to keep themselves in good metabolic and mental health.

In fact life is like the spinning plates trick in a dog and pony show. Keeping all the plates spinning at the same time can be a tough assignment, an exhibition of concentration, practice and skill.



MENTAL HEALTH DEFRAG

As well as a metabolic health defrag, we need a mental health defrag. Here (again) is what the defrag process looks like on your computer:



If the mind is in the state of the 'before' image, then a mental health defrag is highly recommended.

The mental health defrag is also based on the premise that the problem may be a system problem and not just a problem centred solely in the brain. It may even be the case that the cause of the problem is not at the site where the problem is manifest.

When people embark on a mental health defrag it will include:

- daily, vigorous aerobic exercise
- regular counselling
- personal development training
- working on closing the intimate relationship gap and
- a change in diet.

It may also mean changing the environment, going for a holiday, taking up a yoga class, changing jobs or relationships.

Want to know how to manage your stress:?

It seems to afford a kind of pleasure to this generation to look on itself as the victim of high pressure. We hear much on all sides of the hurry of time, of the pace that kills and of the disturbing and demoralizing effects of modern industrialism and commercialization.

... Yet the feeling that life for most involves a large measure of struggle and output of nervous energy is not peculiar to our time. Each generation looks back with longing on the calmer life of its predecessors ... after all, however, the truth may be that we are inclined to attribute to nervous wear and tear and to an overwhelming multitude of sense impressions, ills that actually are due to other causes. Modern life is a pretty complex affair and it is not easy to analyze it into the factors that tend to modify human existence.

... The root of the matter is that neither modern life nor the urban life is to be blamed indiscriminately for what is popularly denominated nervous strain. If certain factors at present little studied and poorly understood are tending to increase disease of a nervous type, they may be individual more commonly than has been supposed.

AMJ 5 August, 1905

METABOLIC FITNESS AND MENTAL HEALTH

Exercise needs to be in the frontline of prescriptions for the treatment of depression

In a report published in the British Journal of Sports Medicine, researchers at the University of South Australia are calling for exercise to be a mainstay approach for managing depression as a new study shows that physical activity is 1.5 times more effective than counselling or the leading medications.

'People with the lowest combined aerobic and muscular fitness had 98% higher odds of depression, 60% higher odds of anxiety, and 81% higher odds of having either one of the common mental health disorders, compared to those with high levels of overall fitness.

Lead UniSA researcher, Dr Ben Singh, says, *'Physical activity must be prioritised to better manage the growing cases of mental health conditions. 'Physical activity is known to help improve mental health. Yet despite the evidence, it has not been widely adopted as a first-choice treatment.'*

Healing Without Freud or Prozac

In the book 'Healing without Freud or Prozac' psychiatrist, (the late) David Servan-Schreiber outlines the case for aerobic exercise. He reports a study from researchers at Duke University who compared the anti-depressant effects of jogging with those of Zoloft.

'After four months patients treated with either approach were doing well. On the other hand, a year later, there was a major difference between the two types of treatment. More than a third of the patients who had been treated with Zoloft had relapsed, whereas 92 percent of those who had followed the jogging programme were still doing well.'

Holism vs dualism

For all intents and purposes what the research findings indicate is that the body's metabolic, musculo-skeletal and mental health systems work together as a whole. No part is an island. All parts work together as an holistic system, for good or ill. What happens in one part may affect what happens in other parts.

Dualism denies this fact. In particular it treats the mind as quite a separate part of the body, divorced from the other parts.

If the head were inside the torso instead of sitting on top of the shoulders, we'd have a completely different view of mental health. We wouldn't divorce poor mental health from poor metabolic health.

Aerobic physical activity has a positive affect on all parts of the metabolic health system. The mind is a part of the metabolic health system.

There are 336 half hours in a week. How many half hours can you find to exercise and keep yourself in good metabolic, musculo-skeletal and mental health?
10 is good, 12 is better and 14 is best.

Neil Gray



The Health, Fitness and Wellbeing Assessments

The Western world has a fitness problem and you can't fix a fitness problem by masking its symptoms with pharmaceuticals.

In 1979, the US Surgeon General said, 'You, the individual, can do more for your own health and well-being than any doctor, any hospital, any drug, any exotic medical advice.'

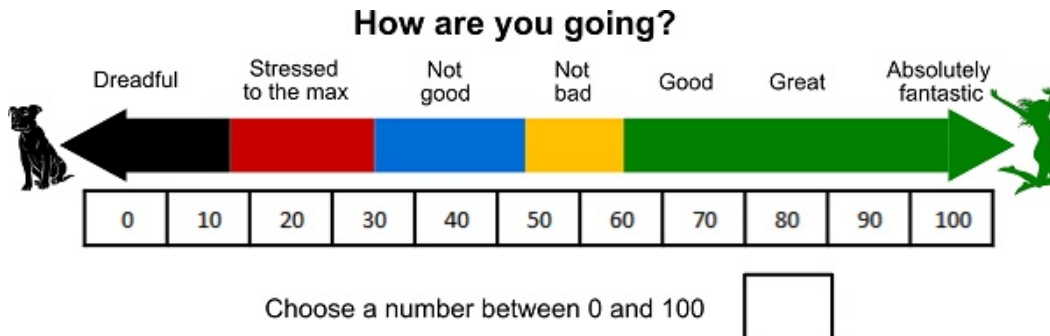
1. HOW ARE YOU GOING?

For centuries whenever Australians have met, they've been asking each other 'ow-y-garn'. One word. The usual response is 'not-bad-ows-y-self'.

But can you think of two more negative words to string together to describe how you feel than 'not' and 'bad'?

The 100 point 'how are you going' scale will enable you to give a more precise answer to the question.

The scale goes from zero (dreadful) through to 100 (absolutely fantastic).



This is the question that people ought to be invited to answer whenever they use an automatic teller machine, whenever they clock in at work, when they are at the supermarket checkout, via their phone and internet provider ...

The results would provide the evening news with a useful metric on the health, fitness and wellbeing of the nation.

The digital version requires the following information:

First and second name – a pseudonym or nickname will suffice – a name that will protect your identity.

Age range

Gender M or F

State or territory

Postcode

It's a big ask expecting to stay healthy without keeping yourself fit.

It's an even bigger ask expecting to get better by having someone do something to you - sooner or later you have to do something to yourself.

2. HEALTH CLIMATE SURVEY – a good score is a low score

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the rest of the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realize how stressed you are until you complete this questionnaire, but your body does. The body is incapable of dishonesty!

Circle the number appropriate to the degree to which you experience the symptoms on the left-hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

	None		Hardly any			A fair bit			A lot		
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida fungus: furry tongue, thrush, itchy skin, tinea...	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep (Score 10 if you frequently use tablets)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring, sleep apnoea (Score 10 if using a gas mask)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal pain, back, neck, shoulders, hips, RSI ...	0	1	2	3	4	5	6	7	8	9	10
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10
8. Reflux, unsettled stomach (Score 10 on tablets)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight (1 pt for every 2kg over ideal weight)	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, trots...	0	1	2	3	4	5	6	7	8	9	10
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10
12. Low level of aerobic fitness	0	1	2	3	4	5	6	7	8	9	10
13. Low level of strength	0	1	2	3	4	5	6	7	8	9	10
14. Low level of flexibility	0	1	2	3	4	5	6	7	8	9	10
15. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10
16. Rashes, skin outbreaks, psoriasis...	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood pressure (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated blood cholesterol? (10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
19. Elevated insulin level	0	1	2	3	4	5	6	7	8	9	10
20. Elevated blood glucose? (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
21. Alcohol intake (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking behaviour (1 point/cigarette/day)	0	1	2	3	4	5	6	7	8	9	10
23. Caffeine intake (2 points per cup)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about your future	0	1	2	3	4	5	6	7	8	9	10
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10
29. Unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

To find out the score of a normal, fit and healthy human being, go to page 20.

TOTAL

What does your score mean?

The score of a normal fit and healthy human being is less than 20.

If you got less than 20 you're in very good nick.

If you got less than 40 that's not bad, but the signs are there that certain parts of your body are not working as well as you'd like. You're starting to exhibit the signs and symptoms of general metabolic dysfunction.

Over 40 the amber light is flashing.

You're probably not as fit as you could be. You need a fitness program. You may be a little overweight, in which case you need a fitness program and the Hourglass Diet.

There's a chance there's evidence of musculo-skeletal dysfunction, in which case you're not strong or flexible enough to keep your body in good alignment.

You probably need a holiday or some good distractors that distract you from feeling tired and miserable.

Over 80 and you're getting right into the red zone. It's time to take stock.

You certainly don't want things to get worse, which they will if you don't do something now. You could be in the wrong job or the wrong relationship. There's probably something going on in the top paddock that's not right and it's affecting the rest of your body.

If you don't do something now there's a good chance that pretty soon you could end up stressed to the max, on the medical hurdy-gurdy.

It's definitely time for a lifestyle make-over.

Over 120 and there are high scores throughout the profile.

The 'background noise' is deafening

It's time to seek a counsellor and dramatically improve your lifestyle.

Step back, take a holiday and/or your long service leave. Get away.

Start making hard decisions, so that you get what you want.

One thing you can be certain of and that is that regardless of how high your score was, there's a good chance you can halve your score in three months – if you're diligent.

A lot of people brought themselves back from the brink by becoming fitter, getting themselves into a job that suits their intelligence strengths and personality, taking a holiday and giving their personal relationships a boost.

PS: the score of a fit and healthy person is less than 20.

Unlock your hidden talents. Become more of what you are capable. Tap into your strengths. Become more aware of the life you'd like to live. Find the lesson from past challenges. Develop skills for life.

Jan Gauvin

Questions 1 – 20 deal with body system dysfunctions that are closely related to a lack of physical activity, a poor diet and an autonomic nervous system that's out of balance. You can correct them by

1. implementing a regular and systematic physical exercise program involving
 - aerobic exercise
 - strength training
 - flexibility exercises.
2. Eating from the top of the Hourglass
 - with vegetables, fruit and adequate protein and fat as the basis of your diet
 - steering clear of wheat and milk
 - eliminating the 'garbohydrates', (flour and sugar, on their own, combined and/or mixed with fat)
 - eliminating alcohol, tobacco and aspartame
 - supplementing your diet with vitamins, minerals, essential fats, and 'octane boosting' nutraceuticals
3. Meditating.

Questions 21-23 have a relationship with stress. As we become more stressed we tend to take more of the culturally acceptable chemicals, particularly caffeine, sugar, paracetamol and alcohol.

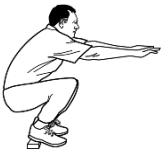
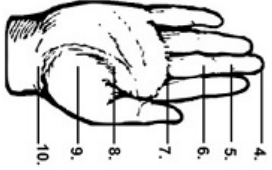
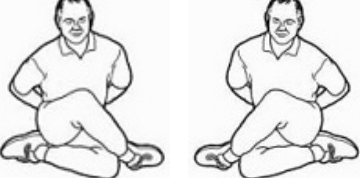
Questions 24 – 30 are questions related to stress in your life, whether you're in the right job, whether you have the resilience to cope with your internal and external environment, if you're happy with your family, your finances and whether you're doing the things unstressed people do to manage their stress.

If you're struggling with some of these issues, go and see a counsellor or a life coach. They'll give you a few signposts, act as a sounding board, help you set and then monitor progress towards your goals.



The trouble with the rat race is that even if you win, you're still a rat.
Lily Tomlin

3. UNIVERSAL FITNESS TEST

1. Body composition. How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight or use percent body fat..	
2. Lower body strength – squat How many squats can you until exhaustion? Your bottom must go down to the crease at the back of your knees. If you've got sore knees either don't proceed or proceed with caution. Suggest a 3cm heel raise.	
3. Front of body strength – sit-ups to exhaustion. Arms crossed and hands clasping alternate shoulders: knees bent. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe.	 If it hurts, stop doing it
4. Upper body strength – press-ups to exhaustion. If you've got painfully sore shoulders either don't do this exercise or proceed with caution – and don't do too many.	
5. Hamstring flexibility - sit and reach Sitting on the floor, with feet outstretched in front of you, see how far down toward or past your toes you can reach with your fingers. Keep the back of your knees flat on the floor.	 
6. Buttock flexibility - ability to sit up straight with legs crossed With legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.	
7. Shoulder function Stand with heels and back against the wall, arms and wrists vertically in the 'surrender position'. The further they are away (in cms) the lower the score.	
8. Aerobic fitness - 20m laps in 5 minutes How man 20m laps can you complete in 5 minutes. One foot must go past the line each time you turn.	

UNIVERSAL FITNESS TEST – scores for ‘regular folks’

1. **Body composition:** how close are you to your ideal weight?

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2	
% fat men	>35	<35	<30	<28	<26	<24	<22	<20	
% fat women	>42	>42	<40	<38	<36	<34	<32	<30	
	3	4	5	6	7	8	9	10	

2. **Lower body strength** – squats – until exhaustion #.....

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

3. **Front of body strength** – situps feet held - until exhaustion #.....

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

4. **Upper body strength** – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

5. **Hamstring flexibility** – sit and reach. How far down toward or past your toes you can reach with your fingers?

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

- 6a. **Right buttock flexibility** – sit up straight, legs crossed, hands clasped behind back.

Left leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

- 6b. **Left buttock flexibility** – sit up straight, legs crossed, hands clasped behind back

Right leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

Ttl

7. **Shoulder function** - stand with back against the wall, arms vertically in the 'surrender' position. Measure distance between the arms and wall.

>15	15	13	11	9	7	5	3	2	1	Flat
0	1	2	3	4	5	6	7	8	9	10

8. **Aerobic fitness** – 5 minute, 20m lap run. Laps

Men	<22	22	24	26	28	30	32	34	36	38	40
Women	<20	20	22	24	26	28	30	32	34	36	38
Points	0	1	2	3	4	5	6	7	8	9	10

X 3

If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

Achieving life is not the equivalent of avoiding death.
Ayn Rand

4. ELITE FITNESS TEST – scores for sports people and elite forces

The Elite Fitness Test has the same tests as the Universal Fitness Test – only with higher standard.

1. **Body composition:** how close are you to your ideal weight?

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>26	<26	<34	<22	<20	<18	<16	
% fat women	>34	<34	<32	<30	<28	<26	<24	
	0	5	6	7	8	9	10	

2. **Lower body strength** – squats – until exhaustion #.....

Squat so your bottom goes down to at least the crease in the back of your knees and stand up straight with legs fully extended.

<35	35	38	41	44	47	50
0	5	6	7	8	9	10

3. **Front of body strength** – situps feet held – until exhaustion #.....

Men on toes, women on front of thighs.

<35	35	39	41	44	47	50
0	5	6	7	8	9	10

4. **Upper body strength** – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

>35	35	38	41	44	47	50
0	5	6	7	8	9	10

5. **Hamstring flexibility** – sit and reach How far down toward or past your toes you can reach with your fingers?

Can't touch toes	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

- 6a. **Right buttock flexibility** – sit up straight, legs crossed, hands clasped behind back.

Left leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

- 6b. **Left buttock flexibility** – sit up straight, legs crossed, hands clasped behind back

Right leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

Ttl

7. **Shoulder function** - stand with back against the wall, arms vertically in the 'surrender' position. Measure distance (cms) between the arms and wall.

>15	15	13	11	9	7	5	3	2	1	Flat
0	1	2	3	4	5	6	7	8	9	10

8. **Aerobic fitness** – 5 minute, 20m lap run. Laps

Men	<45	45	47	49	51	53	55
Women	<43	43	45	47	49	51	53
Points	0	5	6	7	8	9	10

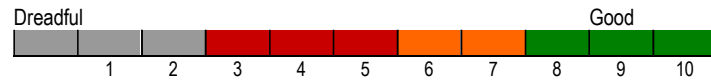
X 3

If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

5. SPECIFIC JOINT CONDITION ASSESSMENT

A good score is a high score.



Score

1. Lower back. Rate the current condition of your lower back.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
2. Upper back. Rate the current condition of your upper back.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
3. Neck. Rate the current condition of your neck.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
4. Right shoulder. Rate the current condition of your right shoulder.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
5. Left shoulder. Rate the current condition of your left shoulder.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
6. Right wrist. Rate the current condition of your right wrist and hand.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
7. Left wrist. Rate the current condition of your left wrist and hand.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
8. Right hip. Rate the current condition of your right hip.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
9. Left hip. Rate the current condition of your left hip.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
10. Right knee. Rate the current condition of your right knee.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
11. Left knee. Rate the current condition of your left knee.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
12. Right lower leg. Rate the current condition of your lower leg, and foot.
Do you suffer from shin splints, Achilles tendonitis ...

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
13. Left lower leg. Rate the current condition of your lower leg, and foot.
Do you suffer from shin splints, Achilles tendonitis ...

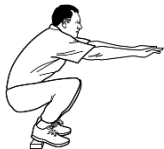
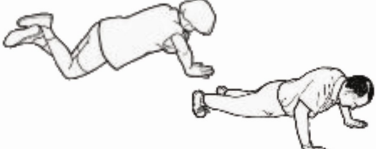
0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
14. Right foot. Rate the current condition of your right foot. Do you suffer from
heel pain, plantar fasciitis, malformed toes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----
15. Left foot. Rate the current condition of your left foot. Do you suffer from
heel pain, plantar fasciitis, malformed toes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Total

6. MUSCULO-SKELETAL HEALTH RISK

1. Current condition This is a subjective assessment of how you perceive your current level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were 'at your peak'.	
2. Body composition. How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we'd use percent body fat.	
3. Lower body strength – squats – how many squats can you do until exhaustion. Your bottom must go lower than the crease at the back of your knees. If you've got sore knees either don't proceed or proceed with caution.	
4. front of body strength – sit-ups to exhaustion. Arms crossed and hands clasping shoulders: knees bent. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. Proceed with caution.	 If it hurts, stop doing it
5. Upper body strength – press-ups to exhaustion. If you've got painfully sore shoulders either don't do this exercise or proceed with caution – and/or don't do too many.	
6. Hamstring flexibility – sit and reach. Sitting on the floor, with feet outstretched in front of you, see how far down toward or past your toes you can reach with your fingers. Keep your knees straight.	
7. Buttock flexibility - ability to sit up straight with legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.	
8. Shoulder function – wall test Stand with you heels, bottom and shoulders back to the wall. Place your hands in the surrender position. The aim is to get your fingers, wrists and forearms flat against the wall.	
9. Strength training behaviour	
10. Flexibility training behaviour	

MUSCULO-SKELETAL HEALTH RISK SCORES

1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

Dreadful									Excellent	
0	1	2	3	4	5	6	7	8	9	10

2. Body composition: how close are you to your ideal weight?

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

3. Lower body strength – squats – until exhaustion #.....

Squat so your bottom goes down to at least the crease in the back of your knees and stand up straight with legs fully extended.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

4. Front of body strength – situps feet held - until exhaustion #.....

>6	6	8	10	12	14		16	18	20	22	24
0	1	2	3	4	5		6	7	8	9	10

5. Upper body strength – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

6. Hamstring flexibility – sit and reach. How far down can you reach?

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

7a. Right buttock flexibility – sit up straight, legs crossed, hands clasped behind back.

Left leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

7b. Left buttock flexibility – sit up straight, legs crossed, hands clasped behind back

Right leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

Ttl

8. Shoulder function – stand against the wall, arms vertical in the 'surrender' position. The further they are away from the wall (in cms) the lower the score.

>15	15	13	11	9	7	5	3	2	1	Flat
0	1	2	3	4	5	6	7	8	9	10

9. Strength training behaviour

Do you have a regular strength training program. Sessions per week.

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

10. Flexibility training behaviour

Do you have a regular flexibility training program. Sessions per week.

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

The 'pass mark' is 70/100.

TOTAL/100

7. METABOLIC HEALTH PROFILE

Poor metabolic health is a sign of risk of cardiac failure, stroke, diabetes, depression, lethargy ... To complete this profile you'll need to measure your aerobic fitness and go to the pathologist.

1. **Fatness.** Are you about your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight.

No						Yes				
>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

Current weight Ideal weight Percent body fat
A reasonable % body fat for men is less than 20 and for women less than 32.

2. **Aerobic fitness** 5 minute, 20m lap run. Laps

Poor						Good				
<22	22	24	26	28	30	32	34	36	38	>40
<20	20	22	24	26	28	30	32	34	36	38
0	1	2	3	4	5	6	7	8	9	10

3. **Aerobic training sessions** per week - of at least 30 minutes with heart rate over 65% of your age related maximum heart rate. See the section on Fitbit.

<2	2	3	4	5			
0	4	5	6	7	8	9	10

4. **Blood insulin level** - mmol/l Score 0 if on medication.

Poor						Good				
>10	<10	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	Less than 6		
0	1	2	3	4	5	6	7	10		

5. **High density lipoprotein (HDL)** - mmol/l Score 0 if on medication

Poor						Good				
>	<.8	<1.0	1.2	1.4	1.5	1.6	1.7	1.8	1.9	2
0	1	2	3	4	5	6	7	8	9	10

6. **Triglyceride** - mmol/l Score 0 if on medication

Poor						Good				
.1.8	1.8	1.6	1.4	1.2	1.0	.8	.7	.6	.5	.4
0	1	2	3	4	5	6	7	8	9	10

7. **Blood pressure - systolic**/ (The higher figure.)

Normal is 120 for men and 110 - for women. Score 0 if on medication.

Poor						Good				
>160	<160	<155	<150	<145	<140	<135	<130	<125		
0	3	4	5	6	7	8	9	10		

8. **Blood pressure - diastolic**/ (The lower figure.)

Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

Poor						Good				
>110	<110	<105	<100	<97	<95	<90	<87	<85		
0	3	4	5	6	7	8	9	10		

9. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

NO

☐

YES

☐

10. What was your score on the **Health Climate Survey**?

High						Low				
>120	120	100	80	70	60	50	40	30	20	<20
0	1	2	3	4	5	6	7	8	9	10

A score below 70 is an indication of risk of metabolic malfunction.

TOTAL

Any score below 7 can be regarded as a 'strike' against you. Your **metabolic health risk** is low if you score over 70, medium: between 50 and 69, high: below 50.

8. DIET

1. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

Current weight	Ideal weight	Percent body fat						
Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

☐

2. Do you eat a **decent breakfast** or is it just flour and sugar?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

☐

3. For your weight do you eat a **high fat** diet?

Yes											No	
	0	1	2	3	4	5	6	7	8	9	10	

☐

4. For your weight, do you eat a **high flour and sugar** diet?

Yes											No	
	0	1	2	3	4	5	6	7	8	9	10	

☐

5. Do you eat predominantly from the top of the **Hourglass**

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

☐

6. How many glasses of plain, unadulterated **water** do you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

☐

7. Do you believe you're getting enough of the **essential vitamins, minerals ...**?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

☐

8. Do you **eat too much**?

Yes											No	
	0	1	2	3	4	5	6	7	8	9	10	

☐

9. Are you ruled by your **cravings** for foods with a high sugar content?

Yes											No	
	0	1	2	3	4	5	6	7	8	9	10	

☐

10. Does the **back end** of your system work like a charm?

No											Like a charm	
	0	1	2	3	4	5	6	7	8	9	10	

☐

If you want to be fit and healthy, eat the way fit and healthy people eat! **TOTAL**

☐

9. CHEMICAL INTAKE

1. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

Tick the box if you're ready to give it away. ☐

2. How many standard **alcoholic drinks** do you have a week?

High				Medium				Low		Nil	
>20	20	16	14	12	10	8	6	4	2	0	
0	1	2	3	4	5	6	7	8	9	10	

☐

3. Do you drink too much **caffeine**? How many cups of coffee or cola drinks do you have a day? We live in a high caffeine culture!

Yes									No	
>5	5	4	3		2	1		0		
0	3	4	5	6	7	8	9	10		

☐

4. Are you a **high sugar eater**? Do you eat too much food containing sugar: chocolate, ice cream, lollies, pastries, cake, sugar-loaded soft drinks and fruit juices. Do you add sugar to tea and coffee ...

Yes										No
0	1	2	3	4	5	6	7	8	9	10

☐

5. How do you rate your reliance on **anti-inflammatory** tablets?

Score 0 if you're currently on them daily.

High							Low		Nil	
0	1	2	3	4	5	6	7	8	9	10

☐

6. How do you rate your reliance on **headache and pain killing** tablets?

High							Low		Nil	
0	1	2	3	4	5	6	7	8	9	10

☐

7. Are you on **sleeping** (tranquillizers, hypnotics, relaxants) tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

8. Are you on **anti-depressant** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

9. Are you on **blood pressure** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

10. Are you on **diabetes** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

Want to stop smoking? Tell your *Self* to stop buying cigarettes!

TOTAL

☐

10. STRESS RISK - this profile is based on the habits of unstressed people.

1. Rate your ability to manage the stress of your life.

Low							Medium			High	
0	1	2	3	4	5	6	7	8	9	10	

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log?

No											Yes	
0	1	2	3	4	5	6	7	8	9	10		

3. What was the longest number of **consecutive days holiday** you had away from home in the last 12 months?

0			7			14				21
0	1	2	3	4	5	6	7	8	9	10

4. Are you keeping yourself **fit and healthy** to the best of your ability?

No											Yes	
0	1	2	3	4	5	6	7	8	9	10		

5. Is there **balance** in your life?

No											Yes	
0	1	2	3	4	5	6	7	8	9	10		

6. Do you **take time off** at lunchtime to get away from your desk? If you do some exercise give yourself 10.

No											Yes	
0	1	2	3	4	5	6	7	8	9	10		

7. What is the average number of **hours you work** each week - if you have young children include work-work and domestic work?

	65+		60		55		50		<45	
0	1	2	3	4	5	6	7	8	10	

8. Are you good at giving back to your **Self**?

No											Yes	
0	1	2	3	4	5	6	7	8	9	10		

9. How many times a week do you **meditate**, for 10 minutes or more?

0		1		2		3		4		5
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your **family** (and romantic) **life**?

Not at all											Very	
0	1	2	3	4	5	6	7	8	9	10		

To better manage your stress, do the things that unstressed people do! **TOTAL**

11. CAREER SATISFACTION

1. How close are you to doing **the job you'd really love to be doing?**

Miles away. I'm there

0	1	2	3	4	5	6	7	8	9	10

2. **Are you in the right job for now?** Do you enjoy your work?

No Absolutely

0	1	2	3	4	5	6	7	8	9	10

3. How **stressful** do you find your job. Is it giving you life or sucking life out of you? i.e. work sucks!

Sucking Giving

0	1	2	3	4	5	6	7	8	9	10

4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed Focused

0	1	2	3	4	5	6	7	8	9	10

5. Do you get good feedback from your manager?

No Yes

0	1	2	3	4	5	6	7	8	9	10

6. Do you receive an appropriate **financial reward** for the work you do?

No Yes

0	1	2	3	4	5	6	7	8	9	10

7. Do you feel that you and your work are **valued** and **appreciated**?

No Yes

0	1	2	3	4	5	6	7	8	9	10

8. Do you work for an organisation that **cares** about people, including yourself?

No Yes

0	1	2	3	4	5	6	7	8	9	10

9. Do you **enjoy the company** of the people with whom you work?

No Yes

0	1	2	3	4	5	6	7	8	9	10

10. What's the level of **morale** like, just in your work group?

Dreadful Fantastic

0	1	2	3	4	5	6	7	8	9	10

If you want to enjoy your work, do what people who enjoy their work **TOTAL** do.

12. MEANING AND PURPOSE

1. Are you living the life you'd like to live?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

2. Are you a power in your own life? Are you getting enough of what you want?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

3. Are you a power in the lives of other people?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

4. Are you an optimistic person?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

5. Do you have wisdom?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

6. Are you a courageous person? Do you know what your heart's desire is and are you on the way toward it? If you're there score 10.

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

7. Is there a lot of love in your life?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

8. Are you a person of integrity? Do you do what you say you're going to do?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

9. Are you an enthusiastic person?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

10. Are you thankful for what you've got?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

If you want to enjoy your work, do what people who enjoy their work do. **TOTAL**

13. FAMILY LIFE

This is a family centred profile. If it don't have a partner, parents or children, either it matters or it doesn't! You'll be able to give yourself an appropriate score.

1. Are you living the family life you'd like to live?

No										Yes	
0	1	2	3	4	5	6	7	8	9	10	

2. Do you have a partner who shares similar values, goals and interests?

No										Yes	
0	1	2	3	4	5	6	7	8	9	10	

3. How many weeks since you and your partner went out together?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

4. How many days since you went for a walk or did some physical activity with your spouse/partner?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

5. How many days since you told someone that you love them?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

6. Did you spend quality time with your children this week? If they no longer live with you do you keep in contact with them?

No										Yes	
0	1	2	3	4	5	6	7	8	9	10	

7. Do you keep in touch with your parents, brothers and sisters?

No										Yes	
0	1	2	3	4	5	6	7	8	9	10	

8. How many weeks since you took a special 'something' home?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

9. How many days since you cooked a meal for the family?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your love life?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

Is there anything you can do to improve your family life?

TOTAL

14. PEOPLE - whether it matters or it doesn't, give yourself an appropriate score.

1. Are you living the social life you'd like to live?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

2. Are you a friendly, sociable sort of person?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

3. Are you making a contribution to your community?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

4. Do you keep in touch with your friends?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

5. Are you a good listener?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

6. Do you help others when they are in need?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

7. Are you caring and respectful of other people's heritage, values and opinions?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

8. Are you committed to building relationships with people outside work?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

9. Are you an active member of a work, sport, service or social organisation?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

10. How many weeks since you've had neighbours or friends around?

	0	1	2	3	4	5	6	7	8	9	10

TOTAL

15. FINANCE

1. Do you have your financial goals written down?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

2. Are you working toward the achievement of your financial goals?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

3. Do you come from abundance or scarcity?

Scarcity											Abundance
	0	1	2	3	4	5	6	7	8	9	10

4. Do you earn an above average income for your age?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

5. Do you have a budget which you keep to and review frequently?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

6. Do you have a good savings and investment plan and monitor it regularly?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

7. Do you have a good spread of investments?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

8. Do you plan to be wealthy?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

9. Have you got a nice little earner on the side?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

10. Do you have adequate income protection?

No											Yes
	0	1	2	3	4	5	6	7	8	9	10

TOTAL

SUMMARY OF PROFILES

★ ★★ ★ ★ ★
 ★★ ★★ ★★ ★★ ★★
 ★ ★★

				Date	Date	Date	Date	Date
How are you going? (		/100						
Health Climate Survey (Multiply by 10 the score you got on the first item on page 28.)		/100						
Fitness		/100						
Musculo-skeletal Risk		/100						
Metabolic Health		/100						
Diet		/100						
Chemical intake		/100						
Stress		/100						
Career satisfaction		/100						
Meaning and purpose		/100						
Family life		/100						
People		/100						
Finance		/100						

If I'd known I was going to live this long, I'd have taken better care of myself.
 Eubie Blake (On his 100th Birthday)

GUNNADO

- what are you gunnado to live the fit, healthy, rich and fulfilling life -

FITNESS	DIET
SELF	FAMILY
FRIENDS	CAREER
PEOPLE	FINANCES

Confucius say,
Choose a job you love and you'll never have to work a day in your life.

MY FITNESS PRESCRIPTION

Nothing in this world can take the place of persistence.
Talent will not; nothing is more common than unsuccessful men with talent.
Genius will not; unrewarded genius is almost a proverb.
Education will not; the world is full of educated derelicts.
Persistence and determination alone are omnipotent.
Calvin Coolidge



