

Discover Your Health Age

How old are you...really?

This Report is for:

Those following all seven practices began aging about 20-30 years later



How many good health habits you currently practice

Your current age
How old you are according to your birth record

Your "Health Age"
How old you are according to your health practices

Your "Potential Health Age"
How young you would be if you practiced all seven good health habits

Years of added life
How many extra years you could add to your life expectancy if you followed all of the good health habits

The Study

More than ever before, scientific research is uncovering the fact that premature aging and disability are largely the result of the way we live. Common lifestyle factors, such as being overweight and not getting enough sleep or exercise can make people old before their time.

In a well-known study, the health practices of 7,000 people were recorded for nine years. This research revealed a clear relationship between seven basic health practices and one's risk of death. Individuals practicing all of these healthy habits lived an average of 10-12 years longer, with increased quality of life.

This report will help you discover your current health age by comparing your personal health practices with current scientific information.

Seven Essential Health Habits

- 1** Maintain a proper weight
- 2** Exercise regularly
- 3** Eat breakfast daily
- 4** Don't eat between meals
- 5** Get 7-8 hours of sleep nightly
- 6** Don't smoke
- 7** Don't drink alcohol

Personal Recommendations

A large, empty rectangular box with a light beige background, intended for personal recommendations.

Discover Your Health Age

How old are you...really?

Name

Age

Weight

kg

Sex

Male

Female

Height

cm

Body Fat

%



Exercise

How often do you get vigorous exercise for at least 20-30 minutes? (Examples: Brisk walking, gardening, jogging, sports, swimming, or cycling.)

- Most every day
 Less than 3 times per week
 Rarely

Breakfast

How often do you eat a good breakfast? (More than just donuts and coffee.)

- Almost every day
 Sometimes
 Rarely or never

Snacking

How often do you eat anything between meals?

- Almost every day
 Once in a while
 Rarely or Never

Sleep

How many hours do you usually sleep per night?

- 6 hours or less
 7-8 hours
 9 hours or more

Smoking History

- I never smoked
 I have quit smoking
 I smoke less than 1 pack a day
 I smoke more than 1 pack a day

Alcohol Use

How many servings of alcohol do you drink in a week? (A bottle of beer, glass of wine or liquor.)

- None
 1-2 servings
 3-10 servings
 Over 10 servings

Please indicate which topics you are interested.

- | | | |
|--|--|---|
| <input type="checkbox"/> Stop Smoking | <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Fitness |
| <input type="checkbox"/> Nutrition | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Stress Management | <input type="checkbox"/> Spiritual Health |
| <input type="checkbox"/> Marriage Enrichment | <input type="checkbox"/> Parenting | |

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