

Discover Your Health Age

How old are you...really?

This Report is for:

Following all good health practices can give you up to 30 more years of health.¹



How many good health habits you currently practice

Your current age
according to your birth record

Your Health Age
according to your health practices

Your Potential Health Age
Your health age if you practiced all seven good health habits

Your Additional Years
The number of years your life expectancy is shorter or longer than the average

Your Potential Additional Years
The number of years your life expectancy could be longer if you practiced all seven good health habits

Recommendations

Get 7-8 hours of sleep nightly

Exercise regularly

Don't smoke

Don't drink alcohol

Eat breakfast daily

Don't eat between meals

Maintain a proper weight of:

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.² This research revealed a clear relationship between the seven health practices listed on the left 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.

1. Nedra Belloc/Lester Breslow: *Relationship of Physical Health Status and Health Practices*, *Preventive Medicine* 1, (1972) p. 419.

2. Lisa F Berkman/Lester Breslow: *Health and ways of living: the Alameda County study*. New York: Oxford University Press, 1983.

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How old are you...really?

Name

Age

Sex

Male

Female

Weight

kg

Height

cm

Body Fat

%



Sleep

How many hours do you usually sleep per night?

- 1 5 hours or less
- 2 6 hours
- 3 7-8 hours
- 4 9 hours or more

Exercise

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

- 1 Most every day
- 2 Less than 3 times per week
- 3 Rarely

Smoking History

- 1 I never smoked
- 2 I have quit smoking
- 3 I smoke less than 1 pack a day
- 4 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.)

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

Breakfast

How often do you eat a good breakfast? (Including fruits, cereals, bread or more.)

- 1 Almost every day
- 2 Sometimes
- 3 Rarely or never

Snacking

How often do you eat anything between meals?

- 1 Almost every day
- 2 Once in a while
- 3 Rarely or Never

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 / Cooking Class | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Stress Management | <input type="checkbox"/> Prophecy |
| <input type="checkbox"/> Marriage Enrichment | <input type="checkbox"/> Parenting | <input type="checkbox"/> Wellness |

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