

HOW HEALTHY ARE YOU?

✓ Tick if the statement is correct for you.

N for nutrients

1. I eat coloured vegetables every day
2. I eat raw vegetables every day
3. I eat 50-80 g. of protein each day
4. I limit white starchy carbohydrates
5. I limit sugar intake
6. I limit commercially processed foods
7. I try to avoid artificial food additives

E for exercise

Over 3 days I undertake an average of:

1. 75 min aerobic exercise
2. 30 min weight bearing exercise

W for water

Each day I drink:

1. 6-8 glasses pure water or herbal tea
2. I limit coffee and avoid soft drinks

S for sunlight

My average of sunlight exposure is:

1. 20 minutes per day at times when UV is low

T for toxin minimization

I try to avoid harmful chemicals in:

1. processed food
2. household cleaning products
3. the workplace
4. personal care products
5. pesticides in food and drink
6. I do not smoke
7. I do not take pharmaceutical or other drugs

A for air

- 1. I live in an environment where there is good air quality
- 2. I try to avoid air-conditioned spaces

R for rest

- 1. I enjoy at least 8 hours of good quality sleep
- 2. I enjoy regular times of relaxation

T for think happy thoughts

- 1. I live in a general state of happiness
- 2. I enjoy warm and positive relationships

Your key to a healthy lifestyle:

NEW START

How many ticks?

My score: /25

Multiply by 4 for a %:

I want to improve my health in these areas:

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Rating:

- ★ 50% and above
- ★★ 75% and above
- ★★★ 100%

For more information on making changes for a happier, healthier lifestyle contact:

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