

RATE YOUR HEALTH QUESTIONNAIRE

1. When did you last call your chiropractor and book in for a full check-up (ask for a longer consultation time)?
 - a) in the last year
 - b) in the last five years
 - c) in the last decade

2. If you have any health problems, if your immediate family have heart problems, if you smoke, if you have been inactive for more that a couple of years, you need to have a check before starting an exercise program?
 - a) definitely
 - b) only if I am over 30 years of age
 - c) not likely

3. How often do you sit back and think to ask how balanced your life is at present?
 - a) at least once every couple of months
 - b) once in a decade
 - c) never thought of it

4. How often do you get less sleep than you really need?
 - a) rarely, and I then try to catch up
 - b) once or twice a week, some weeks
 - c) more than twice a week always

5. When did you last feel anxious? – heart pounding or racing, butterflies in stomach, nausea, diarrhoea, sweaty hands, rapid breathing, panic attack.
 - a) rarely or when speaking in public
 - b) frequently in many different situations
 - c) often, even right now

6. Do you get down in the dumps, sad, tearful, unable to get to sleep, wake at 3 or 4am, or cannot concentrate?
 - a) never or only occasionally, one or two of the above
 - b) I've needed help in the past to deal with depression
 - c) frequently – it's the story of my life

7. How often do you take time out to increase your heart rate by exercising?
 - a) I get a sweat up daily
 - b) two to three time per week
 - c) hardly ever

8. How often do you try to put aside time for exercise?
 - a) each week
 - b) once a month
 - c) once a year

9. You have been told you have high blood pressure, diabetes, high cholesterol?
 - a) none of these
 - b) one of these only
 - c) two or three of these

10. Do you smoke?

- a) never, or gave up
- b) currently giving up (using hypnotherapy, patches etc)
- c) yes

11. Do you want to get healthy and fit because

- a) you feel you owe it to yourself
- b) you promised your partner and you owe it to them
- c) you don't get into the stereotype male/female model in the popular press

12. When doing everyday activities, such as walking down the street

- a) I find it easy, my breathing rate barely increases
- b) I find it moderately easy, but my breathing rate increases slightly
- c) I find it difficult, my breathing rate increases and my heart pounds

13. If injured while exercising you will quickly seek professional advice from your chiropractor

- a) always
- b) sometimes
- c) never

14. If you were told by someone that you can't exercise because of a knee or back injury, asthma, diabetes or high blood pressure, you would

- a) get a couple more opinions from Health Professionals
- b) try to do what exercise you could within your limitations
- c) watch more TV

15. To improve your immunity you....

- a) try to balance your life
- b) try to get more sleep
- c) take some vitamins

How to Score

For each question, if you answer:

- a) 10 points
- b) 5 points
- c) 0 points

120-150 points

Great result! Although scoring well, you must be mindful that this quiz will never take the place of a qualified assessment of your current health status. But what this result does illustrate is that you are very aware of what's important for a healthy lifestyle.

75-120 points

Not bad, but not great. It's important to have a holistic approach to health management. There are some areas where you can certainly improve, if not in knowledge, certainly in practice.

Less than 75 points

You're either taking your good health for granted or you're resigned to the fact that there's no hope. Well, your life is about to change if you're ready to change.