GUNNADO

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

Click on the link below to download some of my ebooks

http://www.fitandhealthyonline.com/ebooks/seminardownload.htm

FIT AND HEALTHY ONLINE
If you want even more health, fitness and wellbeing stuff, click through to **www.fitandhealthyonline.com** - a collection of my websites, including Useful Links, Fact Sheets and newsletters.

If you want to purchase some of the books I recommend, click further on to either the **Health and Fitness Bookstore** or **Back Pain Books**.

EXERCISES
You can download **How to Fix Up a Crook Back** by going to **www.millerhealth.com.au/crookback.exe**

These ebooks will not open on an Apple machine and may be blocked by your work gateway.

Questions, queries, comments, complaints, criticisms and compliments all welcome by emailing john@millerhealth.com.au If you've got good news to report, send it through.

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Miller Health
Corporate Health Solutions

Name ……

Age …… **Gender Male** ☐ **Female** ☐

Email ……

Section/Division ……

THE SEVEN HABITS OF FiT AND HEALTHY PEOPLE

Fit and healthy people

1. **keep themselves aerobically fit**
2. **keep themselves strong**
3. **keep themselves flexible**
4. **eat from the top of the Hourglass**
5. **manage the stress of their lives**
6. **manage the stress of their work**
7. **meditate**

John Miller

www.millerhealth.com.au

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.

HEALTH, FITNESS AND WELLBEING PROFILE

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.

		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.	Furry tongue, thrush, jock itch, 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 mask)	0	1	2	3	4	5	6	7	8	9	10
6.	Crook back, sore shoulders, stiff neck, 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 fitness (Your estimate)	0	1	2	3	4	5	6	7	8	9	10
13.	Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10
14.	Itchy, rashes, skin outbreaks, psoriasis...	0	1	2	3	4	5	6	7	8	9	10
15.	Mouth ulcers, cold sores ...	0	1	2	3	4	5	6	7	8	9	10
16.	Elevated blood pressure (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
17	Elevated blood cholesterol? (10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
18.	Elevated blood glucose? (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
19.	Shakes, nervous tics and mannerisms	0	1	2	3	4	5	6	7	8	9	10
20.	Grinding teeth	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 (1 point per cup)	0	1	2	3	4	5	6	7	8	9	10
24.	Anxious about life, insecure, apprehensive	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

The score of a normal, fit and healthy human being is less than .... **TOTAL** _____

PROFILES OF HEALTH

STRESS RISK PROFILE - based on the habits of unstressed people
Score out of 10 - a good score is a high score -

How well do you manage the stress of life? Score low if stressed.	
Do you get a good night's sleep?	
Do you take good, long, holidays? Score 10 for 21 days away in one go.	
Are you keeping yourself fit and healthy to the best of your ability?	
Is there balance in your life, you've got good distractors to switch you off?	
Do you take time off at lunchtime? Score 10 if you get some exercise.	
Do you work too many hours? Score 10 if it's 45 hours or less per week.	
Are you good at giving back to your Self?	
Do you meditate regularly?	
Are you happy with your family (and romantic) life)?	

CAREER SATISFACTION PROFILE - based on the habits of people who are in the right job Score out of 10 - a good score is a high score -

How close are you to doing the job you'd really like to be doing?	
Are you in the right job for now?	
Work stress – score low if work is draining life out of you?	
Are you focused on your career options?	
Do you get good feedback from your manager?	
Do you get an appropriate financial reward for the work you do?	
Do you feel that you and your work are valued and appreciated?	
Do you work for an organisation that cares about people?	
Do you enjoy the company of the people with whom you work?	
What's the level of morale like in your work group?	