

 **Fitness Frontline**
of primary health care



Miller Health



Health, Fitness and Wellbeing Audit

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SNAPSHOT

- a selfie of your health, fitness and wellbeing -



Do you really know, 'How'r yer going?'

You've been feeling a bit off colour, so you go to the doctor. You've had your blood pressure taken. You've been sent off to get a few pathology tests. You've gone back to the doctor to get the results; they're a mixed bag but you're not going to die. End of visit.

Unless you've got a good doctor, the thing you're most unlikely to get at the surgery is an assessment of your metabolic, musculo-skeletal and mental health, in short a broad picture of how your life is going.

Rarely will you come away with a really good snapshot of your total health, fitness and wellbeing.

But deep down you know it's time you took a grip on yourself, changed your eating habits, lost weight, laid off alcohol, caffeine, flour and sugar and got more exercise. You know it's time you started thinking about your career, stepped up to a bigger challenge, sorted things out at home and started saving, not spending.

So, to whom do you go for this sort of advice? The short answer is yourself.

And where do you start? The short answer is with the assessments in the Health, Fitness and Wellbeing Audit.

The profiles are now located, and can be completed online at the <http://www.myfitnessrecord.com.au> website

After completing the assessments and a half hour consultation with physical educator and corporate health and fitness practitioner John Miller, you'll come away inspired and motivated to do the things you need to do to keep yourself fit and healthy. More than that, the assessment process will get you focused on some of the big things in your life that matter, most especially your *Self*.

And on the question of 'motivation', always remember that you don't motivate yourself to do something, you do something and then become motivated.

John Miller

I use and recommend Fitbit as an inspiring and motivating force to improve your aerobic fitness.



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DEDICATION

This book and the assessment profiles it contains is dedicated to two people; my friend, mentor and work colleague from South Australia, Jan Gauvin, author and presenter of the Integral personal development program, who has inspired and motivated me and thousands of people to go on the journey to discover and live the life they want to live; and my friend, empathetic and caring physician, Kym Trigg who once said to me, 'You ought to go to one of Jan's courses.'

Kym and I started school together in Grade 1 at Whyalla Central School.



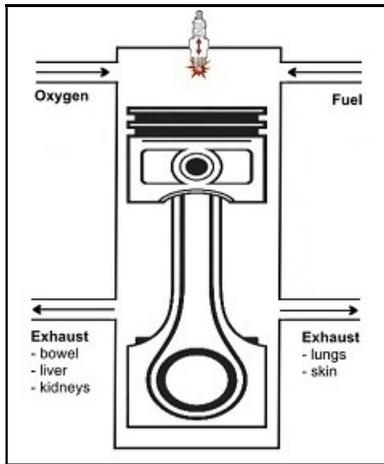
Jan Gauvin



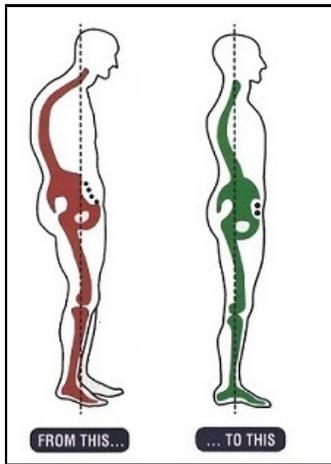
Kym Trigg

INTRODUCTION

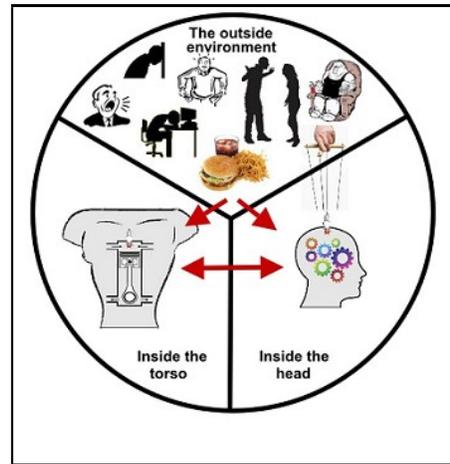
The assessment profiles in My Fitness Record have been grouped into three main categories.



Metabolic Health
- aerobic fitness and diet -



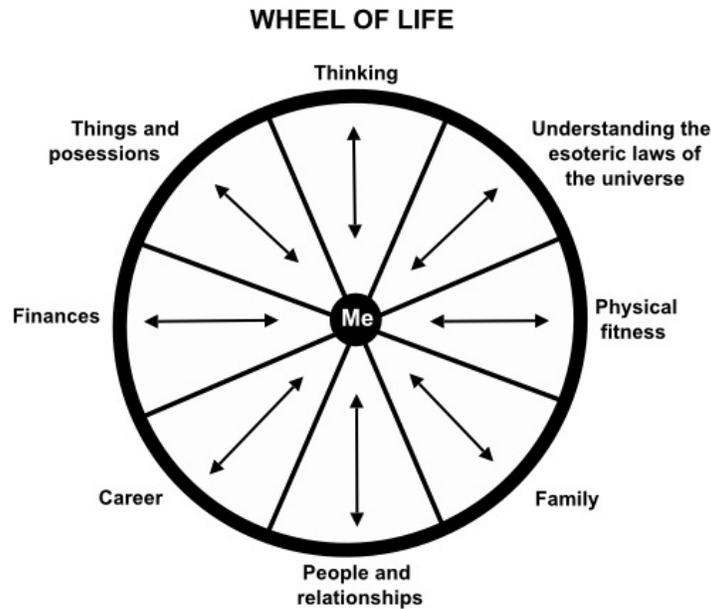
Musculo-skeletal Health
- strength and flexibility -



Mental Health
- metabolic and psychological health -

THE WHEEL OF LIFE

The profile selection also based on the parameters outlined in the 'Wheel of Life'.



There is one profile that I haven't yet developed, the 'things and possessions' profile. But let's presume that if you've got a car, a flat-screen TV, an internet connection and a mobile phone you're doing a lot better than your grandparents.



Poor metabolic fitness is growing at an exponential rate as people lead increasing sedentary lives, stuff themselves with various combinations of fat, flour, sugar and potato, drink more and more alcohol, cola and bovine milk and live lives that swing between stressed-out-of-their-brain and quiet desperation.

T

here are plenty of medical prescriptions that are designed to slow down the increase of poor metabolic fitness, but that's not the same as restoring poor fitness to good.

That's because poor metabolic fitness is, in the main, related to fitness and diet, and only on the rarest of occasions can medical solutions fix fitness and diet problems. You have to fix them yourself.

THE METABOLIC FITNESS ENGINE

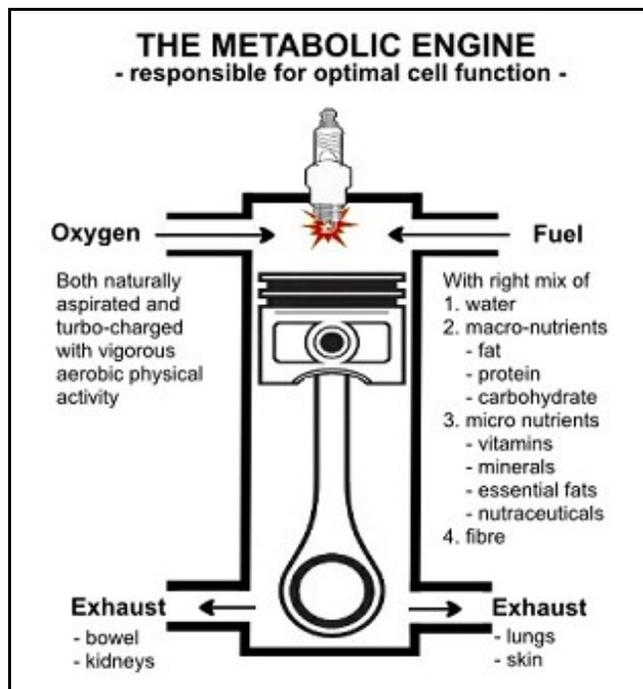
Metabolic fitness is the term given to describe the efficiency of the system that delivers oxygen and essential nutrients to cells and removes waste products from them.

The system is driven by the 'metabolic engine' that resides inside your torso.

The metabolic fitness engine is responsible for optimal cell function. A more detailed look at the metabolic engine outlines its principal functions.

Poor metabolic fitness is intimately connected to the outside environment and the internal environment (mental health).

Most people are not well acquainted with the underlying causes of metabolic dysfunction. Similarly with those physicians who prescribe drugs to mask the symptoms – without prescribing fitness and diet solutions – and without measuring, managing and monitoring those prescriptions.



You can be certain that headaches are not caused by a lack of Panadol, depression is not caused by a lack of Zoloft, reflux is not caused by a lack of Mylantin, abdominal pain is not caused by a lack of Prilosec

High blood pressure is not caused by a lack of Avapro, high blood cholesterol is not caused by a lack of Lipitor, high blood sugar is not caused by a lack of Gliclazide anymore that piles are caused by a lack of Anusol!

An aim of the Health, Fitness and Wellbeing Audit is to provide you with every encouragement and incentive to keep yourself in good metabolic health.

THE METABOLIC HEALTH DEFRAG

Have you ever watched your computer defrag? You may well ask, 'What is a defrag?'

Well, to keep a long story short, and in layman's terms, when your computer saves information to the hard disc it can tend to do it in a chaotic fashion. Bytes of the one document can be saved in different places on the disk.

The net effect of this chaotic placement of data is that it slows down the retrieval of the information. It takes longer for documents to open up. Over the weeks, months and years the ghosts in the machine appear to be slowing it down. Microsoft describes it thus:

'Disk Defragmenter consolidates fragmented files and folders on your computer's hard disk, so that each occupies a single, contiguous space on the volume. As a result, your system can gain access to your files and folders and save new ones more efficiently. By consolidating your files and folders, Disk Defragmenter also consolidates the volume's free space, making it less likely that new files will be fragmented.'

] Here's what the defrag process looks like on your computer:



There's a big difference.

When people embark on a metabolic defrag that involves a vigorous aerobic exercise program a similar thing happens. Resting heart is lowered. Blood pressure and blood glucose come down. Percent body fat is lowered. They sleep better. They feel better. The list goes on; the benefits are legion. Of course, diet is also an important metabolic defrag component.

ASSESSMENTS

- Metabolic health
- Fitness
- Diet
- Chemical intake

RESOURCES

We've got a range of resources that you have access to, online or through your workplace.





The Musculo-skeletal Health Program is a systematic, intensive, strength and flexibility exercise program designed to dramatically speed up the recovery of people suffering from personally-generated musculo-skeletal dysfunctions.

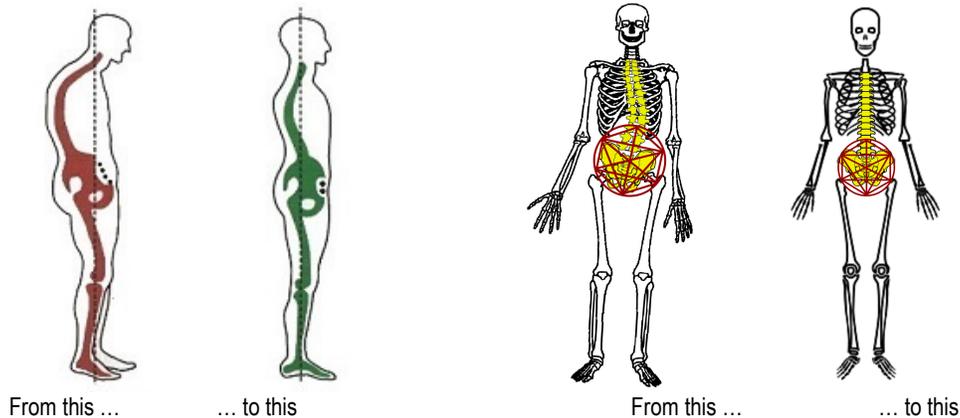
THE PREMISE

A high proportion of people with back pain have a fitness problem. Tight muscles attached to the pelvis have allowed the bones of first the pelvis and then the vertebrae it to move out of alignment.

Misalignment of the pelvis also affects the hip and knee joints.

Weak muscles leave the body unprepared to deal with the normal stresses of lifting, pulling, pushing and propelling oneself and objects. That's the bad news.

Alignment, alignment, alignment



Fitness generated problems need fitness solutions and the only person who can administer the fitness (strength and flexibility) prescription are the individuals in pain. Joint and muscle pain is not caused by a lack of rubbing, crunching, heating, cooling, vibrating, electronic muscle twitching, hanging-upside-down, doping or surgery.

The My Fitness Record Musculo-skeletal Fitness Prescription is suited to all people with low back and other joint and muscle pain. In particular it's suited to people who

1. need a strength and flexibility training program to avoid joint and muscle pain
2. are at grave risk of a serious musculo-skeletal breakdown
3. are already in breakdown – and in pain
4. are currently involved in a rehabilitation program
5. have tried therapeutic modalities that haven't worked as well as they expected.

TENSEGRITY

Our common practice in western medicine is to reduce the body into parts ... and treat them ... in isolation. This form of reductionism is often simplistic. The tensegrity structural design principle recognizes that stability and ease of movement ... are determined by the way the entire system is configured. Kelly Clancy 'Tensegrity'

The term 'tensegrity' was coined by Buckminster Fuller in the 1960s as a word meaning 'tensional integrity'.

Tensegrity (or in the case of the human body, 'biotensegrity') is a combination of the words 'tension' and 'integrity', that defines a structural principle in architecture. It's a principle that lends itself to illustrating how fascia, ligaments, tendons, muscles and other internal structures work together to make sure the skeleton stays in good alignment.

A weakness or tightness in one part of the body may cause the entire structure to shift and disrupt tensegral balance. Pain appears in one or more joints. The pain is telling you to get your skeleton back into better alignment.

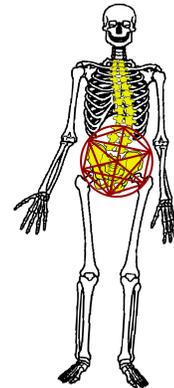
If you have a system problem, the pain is not telling you to rub or manipulate the site of the pain. The pain is telling you to 'fix the system'. Rubbing, crunching, heating and vibrating the spot where it hurts doesn't fix the system.

A pelvis in alignment stays in alignment unless acted upon by a force.

The pelvis is the largest bony complex in the human body. It's the 'foundation' of what goes on both above it and below it.

The tensegrity of the pelvis depends on the equilibrium created by the muscles, tendons, ligaments and fascia that are attached to it and hold it in place. As muscles attached to the pelvis tighten up, the pelvis is gradually drawn out of alignment. When that happens the structural integrity of the skeleton is disturbed, which explains why the cause of the pain (above and below the pelvis) is rarely at the site of the pain. See diagram opposite.

The body is designed to take (as a system) the strain that occurs when moving and lifting. With good lifting technique, the body distributes the strain, with the larger muscle groups doing the 'heavy lifting'.



ASSESSMENTS

- Specific joint assessment
- Musculo-skeletal health risk assessment

RESOURCES

Our key resource is the Global Back Care suite of ebooks.



Want to know more? Go to <http://www.globalbackcare.com>





There is an epidemic of poor mental health. The Health and Fitness Audit is focused on both ends (and everything that's in between) of the mental fitness continuum.

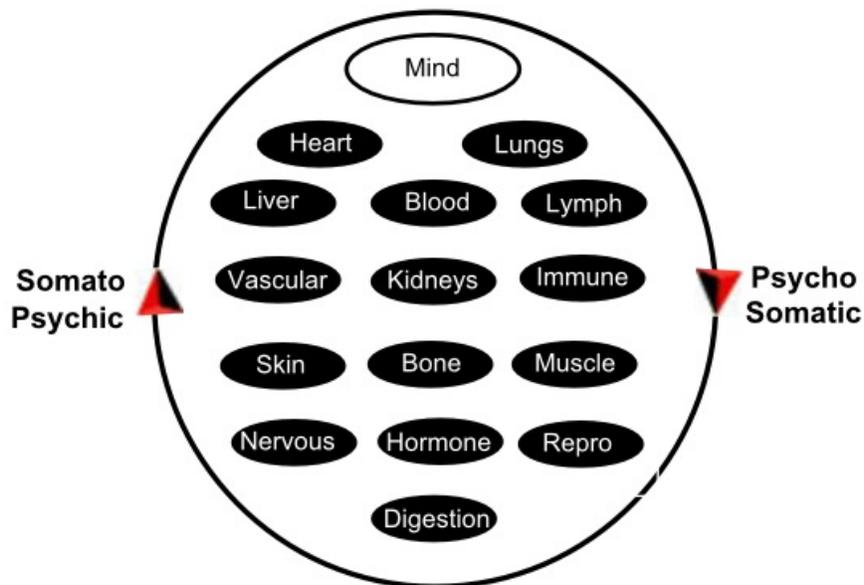


The green, orange, blue, red and black moods are related to one's environment, one's metabolic fitness and one's mental fitness.

First up, what's in a name? 'soma' = body, 'psyche' = mind.

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind may be relayed to other parts of the body via the autonomic nervous system. This is known as the psycho-somatic response.

SOMATIC ECOSYSTEM



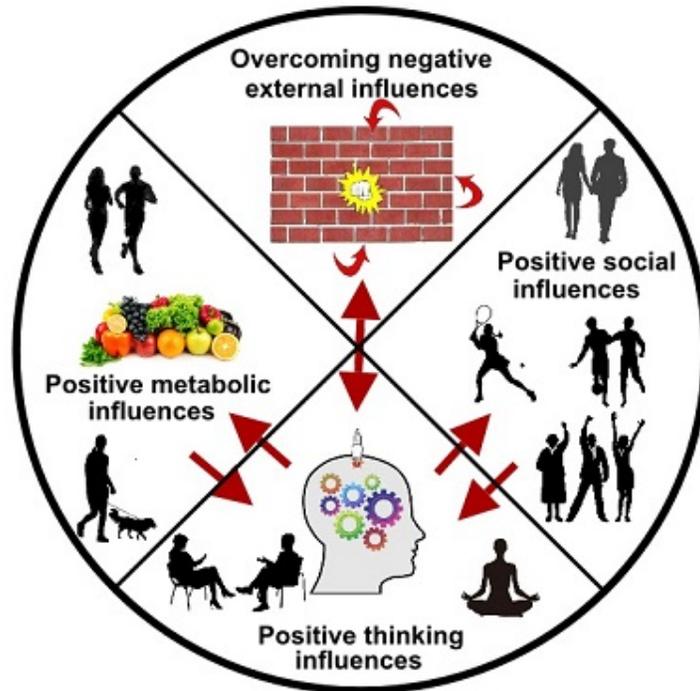
Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. This is known as the somato-psyche response.

You may not realize how stressed you are until you complete the **Health Climate Survey** but your body does. This explains the close relationship between metabolic fitness and mental fitness. The body is incapable of dishonesty!

In particular, poor mental fitness is frequently related to poor metabolic fitness which means that fitness and diet (along with cognitive and chemical treatments) are important aspects in the process of restoring poor mental fitness to good.

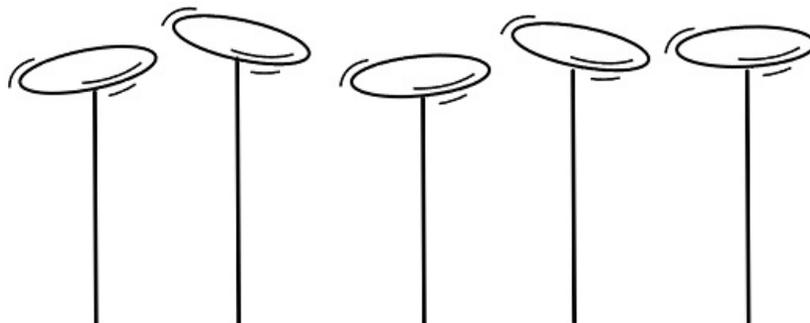
When it comes to mental fitness there are a lot of factors to keep an eye on.

STRESS MANAGEMENT MODEL



Frontline Primary Health Care includes a range of diagnostic, prescription and management tools that provide individuals, their doctor, counsellor, fitness practitioner and dietician with every encouragement and incentive to keep themselves in good metabolic and mental health.

In fact life it like the spinning plates trick in a dog and pony show. Keeping all the plates spinning at the same time can be a tough assignment, an exhibition of concentration, practice and skill.



MENTAL HEALTH DEFRAG

As well as a metabolic health defrag, we need a mental health defrag. Here (again) is what the defrag process looks like on your computer:



If the mind is in the state of the 'before' image, then a mental health defrag is highly recommended.

The mental health defrag is also based on the premise that the problem maybe a system problem and not just a problem centred solely in the brain. It may even be the case that the cause of the problem is not at the site where the problem is manifest.

When people embark on a mental health defrag it will include:

- daily, vigorous aerobic exercise
- regular counselling
- personal development training
- working on closing the intimate relationship gap and
- a change in diet.

It may also mean changing the environment, going for as holiday, taking up a yoga class, changing jobs or relationships.

Want to know how to manage your stress:?

It seems to afford a kind of pleasure to this generation to look on itself as the victim of high pressure. We hear much on all sides of the hurry of time, of the pace that kills and of the disturbing and demoralizing effects of modern industrialism and commercialization.

... Yet the feeling that life for most involves a large measure of struggle and output of nervous energy is not peculiar to our time. Each generation looks back with longing on the calmer life of its predecessors ... after all, however, the truth may be that we are inclined to attribute to nervous wear and tear and to an overwhelming multitude of sense impressions, ills that actually are due to other causes. Modern life is a pretty complex affair and it is not easy to analyze it into the factors that tend to modify human existence.

... The root of the matter is that neither modern life nor the urban life is to be blamed indiscriminately for what is popularly denominated nervous strain. If certain factors at present little studied and poorly understood are tending to increase disease of a nervous type, they may be individual more commonly than has been supposed.

AMJ 5 August, 1905



The Assessments

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.

The Western world has a fitness problem, not a medical problem and you can't fix fitness problems by masking their symptoms with pharmaceuticals.

In 1979, the US Surgeon General said, 'You, the individual, can do more for your own health and well-being than any doctor, any hospital, any drug, any exotic medical advice.'

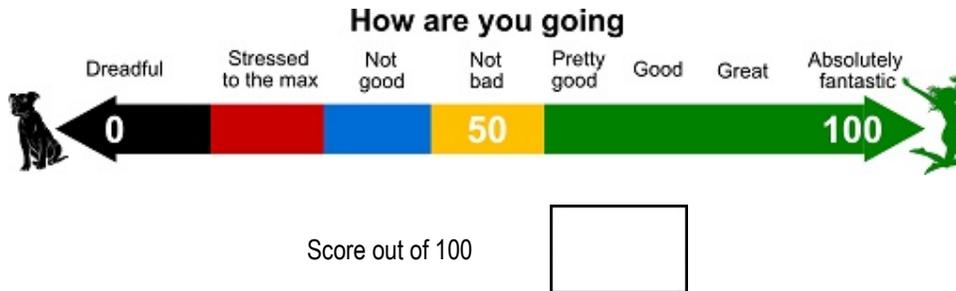
1. HOW ARE YOU GOING?

For centuries whenever Australians have met, they've been asking each other 'ow-y-garn'. One word. The usual response is 'not-bad-ows-y-self'.

Can you think of two more negative words to string together to describe how you feel than 'not' and 'bad'?

Because your response is private, the 100 point 'how are you going' scale will enable you to give a more precise answer to the question.

The scale goes from zero (dreadful) through to 100 (absolutely fantastic).



This is the question that people ought to be invited to answer whenever they use an automatic teller machine, whenever they clock in ... The results would provide the evening news with a useful metric on the health, fitness and wellbeing of the nation.



A bear, however hard he tries, grows tubby without exercise."
A.A. Milne

2. HEALTH CLIMATE SURVEY – a good score is a low score

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the rest of the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realize how stressed you are until you complete this questionnaire, but your body does. The body is incapable of dishonesty!

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. Total the score at the bottom of the page.

	None		Not much		A fair bit		A lot				
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack of energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida - jock itch, thrush, tinea, furry tongue	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep. (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring and/or sleep apnoea (Use gas mask, score 10)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal dysfunction: joint and muscle pain	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. Unsettled stomach, reflux. (If on medication score 10)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight - 1 point for every 2Kg overweight	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, diarrhoea, piles ...	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*	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. Rashes, zits, skin outbreaks, psoriasis, itchy skin	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 medication)	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood cholesterol (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated blood glucose (Score 10 if on medication)	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. Drinking too much alcohol (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking too many cigarettes (1 point per cigarette per day)	0	1	2	3	4	5	6	7	8	9	10
23. Drinking too much caffeine (1 point per cup per day)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about the future	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. Are you unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Are you 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

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What does your score mean?



The score of a normal fit and healthy human being is less than 20.

If you got less than 20 you're in very good nick.

If you got less than 40 that's not bad, but the signs are there that certain parts of your body are not working as well as you'd like. You're starting to exhibit the signs and symptoms of general metabolic dysfunction.



Over 40 the amber light is flashing.

You're probably not as fit as you could be. You need a fitness program. You may be a little overweight, in which case you need a fitness program and the Hourglass Diet.

There's a chance there's evidence of musculo-skeletal dysfunction, in which case you're not strong or flexible enough to keep your body in alignment.

You probably need a holiday or some good distractors that distract you from feeling tired and miserable.



Over 80 and you're getting right into the red zone. It's time to take stock.

You certainly don't want things to get worse, which they will if you don't do something now. You could be in the wrong job or the wrong relationship. There's probably something going on in the top paddock that's not right and it's affecting the rest of your body.

If you don't do something now there's a good chance that pretty soon you could end up stressed to the max, on the medical hurdy-gurdy.

It's definitely time for a lifestyle make-over.



Over 120 and there are high scores throughout the profile.

The 'background noise' is deafening

It's time to seek a counsellor and dramatically improve your lifestyle.

Step back, take a holiday and/or your long service leave. Get away.

Start making hard decisions, so that you get what you want.

One thing you can be certain of and that is that regardless of how high your score was, there's a good chance you can halve your score in three months – if you're diligent.

A lot of people brought themselves back from the brink by becoming fitter, getting themselves into a job that suits their intelligence strengths and personality, taking a holiday and giving their personal relationships a boost.

<p>Unlock your hidden talents. Become more of what you are capable of. Tap into your strengths. Become more aware of the life you'd like to live. Find the lesson from past challenges. Develop skills for life.</p> <p>Jan Gauvin</p>
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Questions 1 – 20 deal with body system dysfunctions that are closely related to a lack of physical activity, a poor diet and an autonomic nervous system that's out of balance. You can correct them by

1. implementing a regular and systematic physical exercise program involving

- aerobic exercise
- strength training
- flexibility exercises.

2. Eating from the top of the Hourglass

- with vegetables, fruit and adequate protein and fat as the basis of your diet
- steering clear of wheat and milk
- eliminating the 'garbohydrates', (flour and sugar, on their own, combined and/or mixed with fat)
- eliminating alcohol, tobacco and aspartame
- supplementing your diet with vitamins, minerals, essential fats, and 'octane boosting' nutraceuticals

3. Meditating.

Questions 21-23 have a relationship with stress. As we become more stressed we tend to take more of the culturally acceptable chemicals, particularly caffeine, sugar, paracetamol and alcohol.

Questions 24 – 30 are questions related to stress in your life, whether you're in the right job, whether you have the resilience to cope with your internal and external environment, if you're happy with your family, your finances and whether you're doing the things unstressed people do to manage their stress.

If you're struggling with some of these issues, go and see a counsellor or a life coach. They'll give you a few signposts, act as a sounding board, help you set and then monitor progress towards your goals.



The trouble with the rat race is that even if you win, you're still a rat.
Lily Tomlin

3. FITNESS PROFILE

<p>1. Body composition. Estimated kilos over ideal weight. How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight – and use digital scales to measure your weight and percent body fat</p>	
<p>2. Lower body strength – squat How many squats can you until exhaustion? Your bottom must go lower than the crease at the back of your knees. Suggest a 3cm heel raise.</p>	 <p>If you've got sore knees either don't proceed or proceed with caution.</p>
<p>3. Front of body strength – sit-ups to exhaustion. Arms crossed and hands clasping shoulders: knees bent. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. Proceed with caution.</p>	 <p>If it hurts, stop doing it</p>
<p>4. Upper body strength – press-ups to exhaustion. If you've got painfully sore shoulders either don't do this exercise or proceed with caution – and don't do too many.</p>	
<p>5. Hamstring flexibility - sit and reach Sitting on the floor, with feet outstretched in front of you, see how far down toward or past your toes you can reach with your fingers. Keep your knees straight.</p>	
<p>6. Buttock flexibility - ability to sit up straight with legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>	
<p>7. Shoulder function – wall test Stand with your feet and back against the wall. Place your hands in the surrender position with elbows, forearms, wrists and fingers flat back on the wall - and forearms vertical. The further the (vertical) forearms are away from the wall the lower the score.</p>	
<p>7. Aerobic fitness - 20m laps in 5 minutes One foot must go past the line each time you turn. You can walk, shuffle, jog or run.</p>	
<p>10. Aerobic fitness training log. How much aerobic fitness activity do you do a week? We recommend you get yourself a Fitbit wearable and count the number of Fitbit aerobic fitness zone points achieves each week.</p>	

FITNESS PROFILE – for ‘regular folks’

1. **Body composition.** Kilos over your ideal weight. #

>35	<35	<30	<25	<20	<15	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

Percent body fat

M	>36	36	34	32	30	28	26	24	22	20	18
F	>44	44	40	40	38	36	34	32	30	28	26
	0	1	2	3	4	5	6	7	8	9	10

Or

2. **Lower body strength** – squats – until exhaustion #.....

Bottom must reach below crease at back of knees. Suggest heel raise.

<7	7	10	15	20	23	25	30
0	4	5	6	7	8	9	10

3. **Front of body strength** – sit-ups feet held – until exhaustion

<7	7	10	15	20	23	25	30
0	4	5	6	7	8	9	10

4. **Upper body strength** – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

<7	7	10	15	20	23	25	30
0	4	5	6	7	8	9	10

5. **Hamstring flexibility** – sit and reach

Sitting on the floor, with feet outstretched in front of you, see how far down toward, or past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

6. **Buttock Flexibility** - ability to sit up straight

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0.

Fall over	Not quite	Just			Perfect	
0	5	6	7	8	9	10

7. **Shoulder function**

Distance (cms) from wall when forearms are vertical

<15	15	13	11	9	7	5	3	2	1	0
0	1	2	3	4	5	6	7	8	9	10

8. **Aerobic fitness** – 5 minute, 20m lap run. Laps

M	<20	20	22	24	26	28	30	34	36	38	40
F	>20	20	22	24	26	28	30	32	34	36	30
	0	1	2	3	4	5	6	7	8	9	10

X 2

9. **Aerobic training sessions per week** – based on Fitbit zone points per week

0	50	100		120		150		200		240
0	1	2	3	4	5	6	7	8	9	10

If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

4. UNIVERSAL FITNESS TEST – fit-for-work assessment

The Universal Fitness Test involves 5 fitness tests plus percent body fat

1. **20 metre run** - number of 20m laps in 5 minutes.
 - One foot must go beyond the line at the end of each lap.
 - **Warning:** you must stop if you feel you could be doing yourself grievous bodily hard grievous bodily harm.



2. **Front of body strength** – situps until exhaustion - feet held, hands clasping opposite shoulders, coming up so elbows touch the knees, upper back (not head), touching the ground. **Proceed with caution.**



3. **Pressups** - until exhaustion - men on toes, women on knees.

Women, make sure that your knees, bottom and shoulders are in a straight line.

The classic upper body and trunk strength exercise. Pressups incorporate the plank exercise - in motion.



4. **Squats** - consecutive number of squats until exhaustion. Bottom must go down below the crease at the back of the knees. Suggest people use a 4 cm heel raise to successfully complete the test.

The classic test of leg strength.



5. **Arm hang** – hang from a bar until exhaustion.

Hang with palms facing away from you.

Warning: a large proportion of people are unable to hang on for very long, so be careful and be ready to land safely on your feet if your hands fail to support you.

The classic test of hand, arm and shoulder strength. No need of a grip strength machine, just you knowing how long you can support your own weight with your hands.



ADMINISTRATION

The Universal Fitness Test is easy to administer.

The strength tests are the same tests as you'd use to improve your strength at home.

The aerobic fitness test requires participants to see how many laps of a 20m course they can complete in five minutes. It's an adapted version of the 'beep' test, equally reliable and valid, but easier to administer.

It's important you do the tests in the order recommended. Do the 20m run test first, then the situps and pressups, followed by the squats and arm hang. If you do the squats before the situps you'll compromise your situps' score.

The ten point Universal Fitness Test scoring system



The award is based on the lowest points scored for a particular test item.

Highlight your best individual scores. To signify your Award, place a tick in the 'award' box (on the right-hand side of the table) equal to the lowest score you achieved for the individual tests (as per the example below).

Level	Award	20m run		Pressups	Situps	Squats	Arm hang		Award
		Men	Women				Men	Women	
10	Platinum	55	52	70	70	70	120	100	
9	Diamond	53	49	60	60	60	100	80	
8	Ruby	50	46	50	50	50	90	70	
7	Emerald	45	43	40	40	40	80	60	
6	Gold	40	38	30	30	30	60	50	
5	Silver	37	36	25	25	25	50	40	
4	Bronze	34	32	20	20	20	40	30	
3	Green	30	28	15	15	15	30	20	
2	Amber	25	24	10	10	10	20	15	
1	Red	22	20	<10	<10	<10	10	10	
0	Black	<22	<20	<5	<5	<5	<10	<10	

AWARD - based on lowest score

POINT SCORING SYSTEM

You can also score points based on the level achieved for each test item.

Fit-for-work standards

The Fit-for-Work standards can be matched to suit the nature and demands of the job.

The **gold standard** is readily achievable by anyone who has a regular aerobic fitness and strength training program.

I judge the **green standard** to be a minimum fitness-for-work qualification. It is evidence of some sort of fitness training program.

Test	Points
20m run	
Pressups	
Situps	
Squats	
Arm hang	
TOTAL / 50	

5. SPECIFIC JOINT CONDITION ASSESSMENT

		Dreadful							Good			Score		
		0	1	2	3	4	5	6	7	8	9	10		
1.	Lower back. Rate the current condition of your lower back.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
2.	Upper back. Rate the current condition of your upper back.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
3.	Neck. Rate the current condition of your neck.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
4.	Right shoulder. Rate the current condition of your right shoulder.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
5.	Left shoulder. Rate the current condition of your left shoulder.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
6.	Right wrist. Rate the current condition of your right wrist and hand.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
7.	Left wrist. Rate the current condition of your left wrist and hand.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
8.	Right hip. Rate the current condition of your right hip.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
9.	Left hip. Rate the current condition of your left hip.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
10.	Right knee. Rate the current condition of your right knee.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
11.	Left knee. Rate the current condition of your left knee.	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
12.	Right lower leg. Rate the current condition of your lower leg, and foot. Do you suffer from shin splints, Achilles tendonitis ...	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
13.	Left lower leg. Rate the current condition of your lower leg, and foot. Do you suffer from shin splints, Achilles tendonitis ...	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
14.	Right foot. Rate the current condition of your right foot. Do you suffer from heel pain, plantar fasciitis, malformed toes	<input type="text"/>											<input type="text"/>	
		0	1	2	3	4	5	6	7	8	9	10		
15.	Left foot. Rate the current condition of your left foot. Do you suffer from heel pain, plantar fasciitis, malformed toes	<input type="text"/>											<input type="text"/>	<input type="text"/>
		0	1	2	3	4	5	6	7	8	9	10		

6. MUSCULO-SKELETAL HEALTH RISK ASSESSMENT

<p>1. Current condition This is a subjective assessment of how <i>you</i> perceive your current level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were 'at your peak'.</p>	
<p>2. Body composition. How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we'd use percent body fat.</p>	
<p>3. Lower body strength – squats – how many squats can you do until exhaustion. Your bottom must go lower than the crease at the back of your knees. If you've got sore knees either don't proceed or proceed with caution.</p>	
<p>4. front of body strength – sit-ups to exhaustion. Arms crossed and hands clasping shoulders: knees bent. There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. Proceed with caution.</p>	 <p>If it hurts, stop doing it</p>
<p>5. Upper body strength – press-ups to exhaustion. If you've got painfully sore shoulders either don't do this exercise or proceed with caution – and/or don't do too many.</p>	
<p>6. Hamstring flexibility – sit and reach. Sitting on the floor, with feet outstretched in front of you, see how far down toward or past toes you can reach with your fingers. Keep your knees straight.</p>	
<p>7. Buttock flexibility - ability to sit up straight with legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>	
<p>8. Shoulder function – wall test Stand with you heels, bottom and shoulders back to the wall. Place your hands in the surrender position. The aim is to get your fingers, wrists and forearms flat against the wall.</p>	
<p>9. Strength training behaviour</p>	
<p>10. Flexibility training behaviour</p>	

MUSCULO-SKELETAL HEALTH RISK ASSESSMENT

Record your scores in the boxes on the right-hand side of the page.

1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

Dreadful											Excellent
0	1	2	3	4	5	6	7	8	9	10	

Score

3. Body composition. Kilos over your ideal weight. #

>35	<35	<30	<25	<20	<15	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

3. Lower body strength – squats – to exhaustion #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

4. Front of body strength – sit-ups with feet held to exhaustion. #

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

5. Upper body strength – press-ups to exhaustion. #

Men on toes, women on front of thighs.

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

6. Hamstring flexibility - how far down toward or past your toes can you reach with your fingers? Keep your legs straight.

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

7. Buttock flexibility - ability to sit up straight with legs crossed – With legs crossed and hands clasped behind your back, see if you can sit up straight.. Falling backwards on one or both sides scores 0.

Fall over	Barely		Just			Perfect
0	5	6	7	8	9	10

8. Shoulder function – wall test - forearms vertical in surrender position. Can you get forearms, wrists and hands flat back on the wall. Scores based on distance forearms are from the wall.

>15	15	13	11	9	7	5	3	2	1	0
0	1	2	3	4	5	6	7	8	9	10

9. Strength training behaviour
Do you have a regular strength training program. Sessions per week.

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

10. Flexibility training behaviour
Do you have a regular flexibility training program. Sessions per week.

0		1			2					3
0	1	2	3	4	5	6	7	8	9	10

The 'pass mark' is 70/100.

TOTAL/100

7. METABOLIC HEALTH PROFILE

Poor metabolic health is a sign of risk of cardio-vascular dysfunction, stroke, diabetes and a host of other body system dysfunctions.

1. What was your score on the **Health, Fitness and Wellbeing profile?**

High					Low					
>120	120	100	80	70	60	50	40	30	20	<20
0	1	2	3	4	5	6	7	8	9	10

1. **Body composition:** kilos over your ideal weight? #

>35	<35	<30	<25	<20	<15	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

3. **Blood Glucose level** - mmol/l Preferably fasted. Score 0 if on medication.

Poor					Good					
>10	<10	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	Less than 6		
0	1	2	3	4	5	6	7	10		

4. **Cholesterol level:** (total -unfasted) - mmol/l #.....

Poor					Good					
>8.5	<8.5	<8.0	<7.0	<6.5	<6.0	<5.5	<5.0	<4.6	<4.3	<4
0	1	2	3	4	5	6	7	8	9	10

5. **Blood pressure - systolic**/ (The higher figure.) #.....
Normal is 120 for men and 110 - 120 for women. Score 0 if on medication.

Poor					Good					
>155	<155	<150	<145	<140	<135	<130	<125	<120		
0	3	4	5	6	7	8	9	10		

6. **Blood pressure - diastolic**/ (The lower figure.) #.....
Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

Poor					Good					
>105	<105	<100	<97	<94	<90	<87	<84	<80		
0	3	4	5	6	7	8	9	10		

7. Do you **smoke?**

If 'yes' score zero. If 'no', score 10.

Yes No

8. **Aerobic fitness** 5 minute, 20m lap run. Laps #

Poor					Good					
<22	22	24	26	28	30	32	34	36	38	>40
0	1	2	3	4	5	6	7	8	9	10

X 3

A score below 70 is an indication of risk of cardiac malfunction.

TOTAL

Any score below 7 can be regarded as a 'strike' against you.

Your metabolic health risk factor score can be improved dramatically with regular, vigorous physical activity, eating from the top of the Hourglass and meditation.

Your metabolic health risk is assessed as

- Low** • Over 70
- Medium** • Between 50 and 70
- High** • Less than 50

3. EAT FROM THE TOP OF THE HOURGLASS

THE MODEL

In a nutshell, it's good food at the top and junk down the bottom.

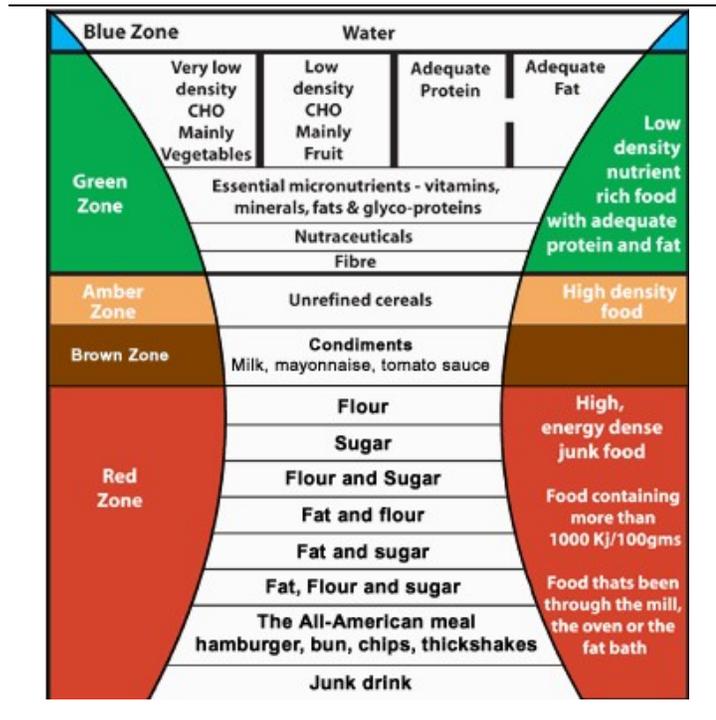
The essential aspect of good nutritional guidelines is that they encourage you to

- eat to nourish the cells of your body
- satisfy your hunger and
- maintain an ideal weigh
- support good metabolic, musculo-skeletal and psychological health.

Couple the Hourglass Diet with regular vigorous exercise and you'll certainly be rewarded with good health.

If you're not in good health and you find it easy to put on weight, change your eating habits and eat from the top of the Hourglass.

1. Eat adequate amounts of vegetables and fruit.
2. Eat adequate protein and fat.
3. Eat less of the high density refined garbohydrates, the cereal-based foods like bread, pasta, breakfast biscuits, biscuits and cake..., along with eating less sugar.



Once you've tried out the Hourglass way of eating you will be in a good position to decide exactly how to eat wisely for the rest of your life. For most people this means becoming very circumspect about the amount of flour and sugar in their diet, and getting the right amount of fat, protein, micronutrients and fibre.

Let them eat cake. Let them eat hamburgers - with fries. Let them eat fried chicken. Let them eat fat and sugar. Let them drink sweet cola.
 With apologies to Marie Antoinette, Ray Kroc, Harland Sanders, John Cadbury and John Pemberton

8. DIET PROFILE

1. **Body Composition** How close are you to our **ideal weight**? Current #.....
 Scores based on number of kilos over your ideal weight. Ideal weight #.....

>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

2. Do you eat a **decent breakfast** or is it just flour and sugar?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

3. For your weight do you eat a **high fat diet**?

Yes					No					
0	1	2	3	4	5	6	7	8	9	10

4. For your weight, do you eat a **high flour and sugar diet**?

Yes					No					
0	1	2	3	4	5	6	7	8	9	10

5. Do you eat predominantly from the top of the **Hourglass**: - plenty of vegetables and fruit mixed with adequate protein and fat?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

6. How many glasses of plain, unadulterated **water (or green tea)** you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

7. When you look at your health, do you believe you're getting enough of the **essential vitamins, minerals, fatty acids ...**?

No					Yes					
0	1	2	3	4	5	6	7	8	9	10

8. Do you **eat too much**?

Yes					No					
0	1	2	3	4	5	6	7	8	9	10

9. Are you ruled by your **cravings** for foods which are not good for you?

Yes					No					
0	1	2	3	4	5	6	7	8	9	10

10. Does the **back end** of your system work like a charm? – score low if you have an irritable bowel or diarrhoea, are constipated, and/or have piles.

No					Like a charm					
0	1	2	3	4	5	6	7	8	9	10

If you want to be fit and healthy, eat how fit and healthy people eat!

TOTAL

9. CHEMICAL INTAKE PROFILE

1. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

YES NO

Tick the box if you're ready to give it away.

2. How many standard **alcoholic drinks** do you have a week?

High			Medium				Low		Nil	
>20	20	15	11	9		7		5		
0	1	2	3	4	5	6	7	8	9	10

3. Do you drink too much **caffeine**? How many cups of coffee or cola drinks do you have a day? We live in a high caffeine culture!

Yes								No	
>8		8	7	6	5	4	3	2	1
0		3	4	5	6	7	8	9	10

4. Are you a **high salt eater**? If you add lots of salt to your food; if you eat Salty food (chips, nuts, Vegemite, take-aways ...), score low.

Yes									No	
0	1	2	3	4	5	6	7	8	9	10

5. How do you rate your reliance on **anti-inflammatory** tablets?

Score 0 if you're currently on them daily.

High							Low		Nil	
0	1	2	3	4	5	6	7	8	9	10

6. How do you rate your reliance on **headache and pain killing** tablets?

High							Low		Nil	
0	1	2	3	4	5	6	7	8	9	10

7. Are you on **sleeping** (tranquillizers, hypnotics, relaxants) tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

8. Are you on **anti-depressant** tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

9. Are you on **blood pressure** tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

10. Are you on **diabetes** tablets?

If 'yes' score zero. If 'no', score 10.

YES NO

Want to stop smoking? Tell your *Self* to stop buying cigarettes! **TOTAL**

10. STRESS RISK PROFILE - this profile is based on the habits of unstressed people.

1. Rate your ability to manage the stress of your life.
 Low Medium High

0	1	2	3	4	5	6	7	8	9	10

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log?
 No Yes

0	1	2	3	4	5	6	7	8	9	10

3. What was the longest number of **consecutive days holiday** you had away from home in the last 12 months?

0			7			14				21
0	1	2	3	4	5	6	7	8	9	10

4. Are you keeping yourself **fit and healthy** to the best of your ability?
 No Yes

0	1	2	3	4	5	6	7	8	9	10

5. Is there **balance** in your life?
 No Yes

0	1	2	3	4	5	6	7	8	9	10

6. Do you **take time off** at lunchtime to get away from your desk?
 No Yes

0	1	2	3	4	5	6	7	8	9	10

7. What is the average number of **hours you work** each week - if you have young children include work-work and domestic work?

	65		60		55		50		<45
0	1	2	3	4	5	6	7	8	10

8. Are you good at giving back to your **Self**?
 No Yes

0	1	2	3	4	5	6	7	8	9	10

9. How many times a week do you **meditate**, for 10 minutes or more?

0		1		2		3		4		5
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your **family** (and romantic) **life**?
 Not at all Very

0	1	2	3	4	5	6	7	8	9	10

To better manage your stress, do the things that unstressed people do! TOTAL

10. CAREER SATISFACTION PROFILE

1. How close are you to doing **the job you'd really love to be doing**?

Miles away. I'm there

0	1	2	3	4	5	6	7	8	9	10

2. **Are you in the right job for now?** Do you enjoy your work?

No Absolutely

0	1	2	3	4	5	6	7	8	9	10

3. How stressful do you find your job. Is it giving you life or sucking life out of you?

Sucking Giving

0	1	2	3	4	5	6	7	8	9	10

4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed Focused

0	1	2	3	4	5	6	7	8	9	10

5. Do you get good feedback from your manager?

No Yes

0	1	2	3	4	5	6	7	8	9	10

6. Do you receive an appropriate **financial reward** for the work you do?

No Yes

0	1	2	3	4	5	6	7	8	9	10

7. Do you feel that you and your work are **valued** and **appreciated**?

No Yes

0	1	2	3	4	5	6	7	8	9	10

8. Do you work for an organisation that **cares** about people, including yourself?

No Yes

0	1	2	3	4	5	6	7	8	9	10

9. Do you **enjoy the company** of the people with whom you work?

No Yes

0	1	2	3	4	5	6	7	8	9	10

10. What's the level of **morale** like in your work group?

Dreadful Fantastic

0	1	2	3	4	5	6	7	8	9	10

If you want to enjoy your work, do what people who enjoy their work **TOTAL** do.

12. MEANING AND PURPOSE PROFILE

1. Are you living the life you'd like to live?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

2. Are you a power in your own life? Are you getting enough of what you want?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

3. Are you a power in the lives of other people?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

4. Are you an optimistic person?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

5. Do you have wisdom?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

6. Are you a courageous person? Do you know what your heart's desire is?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

7. Is there a lot of love in your life?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

8. Are you a person of integrity? Do you do what you say you're going to do?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

9. Are you an enthusiastic person?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

10. Are you thankful for what you've got?

No											Yes	
	0	1	2	3	4	5	6	7	8	9	10	

If you want to enjoy your work, do what people who enjoy their work do. **TOTAL**

13. FAMILY LIFE PROFILE

This is a family centred profile. If it don't have a partner, parents or children, either it matters or it doesn't! You'll be able to give yourself an appropriate score.

1. Are you living the family life you'd like to live?

No											Yes
<input type="checkbox"/>											
0	1	2	3	4	5	6	7	8	9	10	

2. Do you have a partner who shares similar values, goals and interests?

No											Yes
<input type="checkbox"/>											
0	1	2	3	4	5	6	7	8	9	10	

3. How many weeks since you and your partner went out together?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

4. How many days since you went for a walk or did some physical activity with your spouse/partner?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

5. How many days since you told someone that you love them?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

6. Did you spend quality time with your children this week? If they no longer longer live with you do you keep in contact with them them?

No											Yes
<input type="checkbox"/>											
0	1	2	3	4	5	6	7	8	9	10	

7. Do you keep in touch with your parents, brothers and sisters?

No											Yes
<input type="checkbox"/>											
0	1	2	3	4	5	6	7	8	9	10	

8. How many weeks since you took flowers home?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

9. How many days since you cooked a meal for the family?

>10	10	9	8	7	6	5	4	3	2	1
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your love life?

No										Yes
<input type="checkbox"/>										
0	1	2	3	4	5	6	7	8	9	10

Is there anything you can do to improve your family life?

TOTAL

14. FINANCE PROFILE

1. Do you have your financial goals written down?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

2. Are you working toward the achievement of your financial goals?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

3. Do you come from abundance or scarcity?

Scarcity										Abundance
0	1	2	3	4	5	6	7	8	9	10

4. Do you earn an above average income for your age?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

5. Do you have a budget which you keep to and review frequently?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

6. Do you have a good savings and investment plan and monitor it regularly?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

7. Do you have a good spread of investments?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

8. Do you plan to be wealthy?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

9. Have you got a nice little earner on the side?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

10. Do you have adequate income protection?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

TOTAL

15. PEOPLE - whether it matters or it doesn't, give yourself an appropriate score.

1. Are you living the social life you'd like to live?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

2. Are you a friendly, sociable sort of person?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

3. Are you making a contribution to your community?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

4. Do you keep in touch with your friends?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

5. Are you a good listener?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

6. Do you help others when they are in need?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

7. Are you caring and respectful of other people's heritage, values and opinions?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

8. Are you committed to building relationships with people outside work?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

9. Are you an active member of a work, sport, service or social organisation?

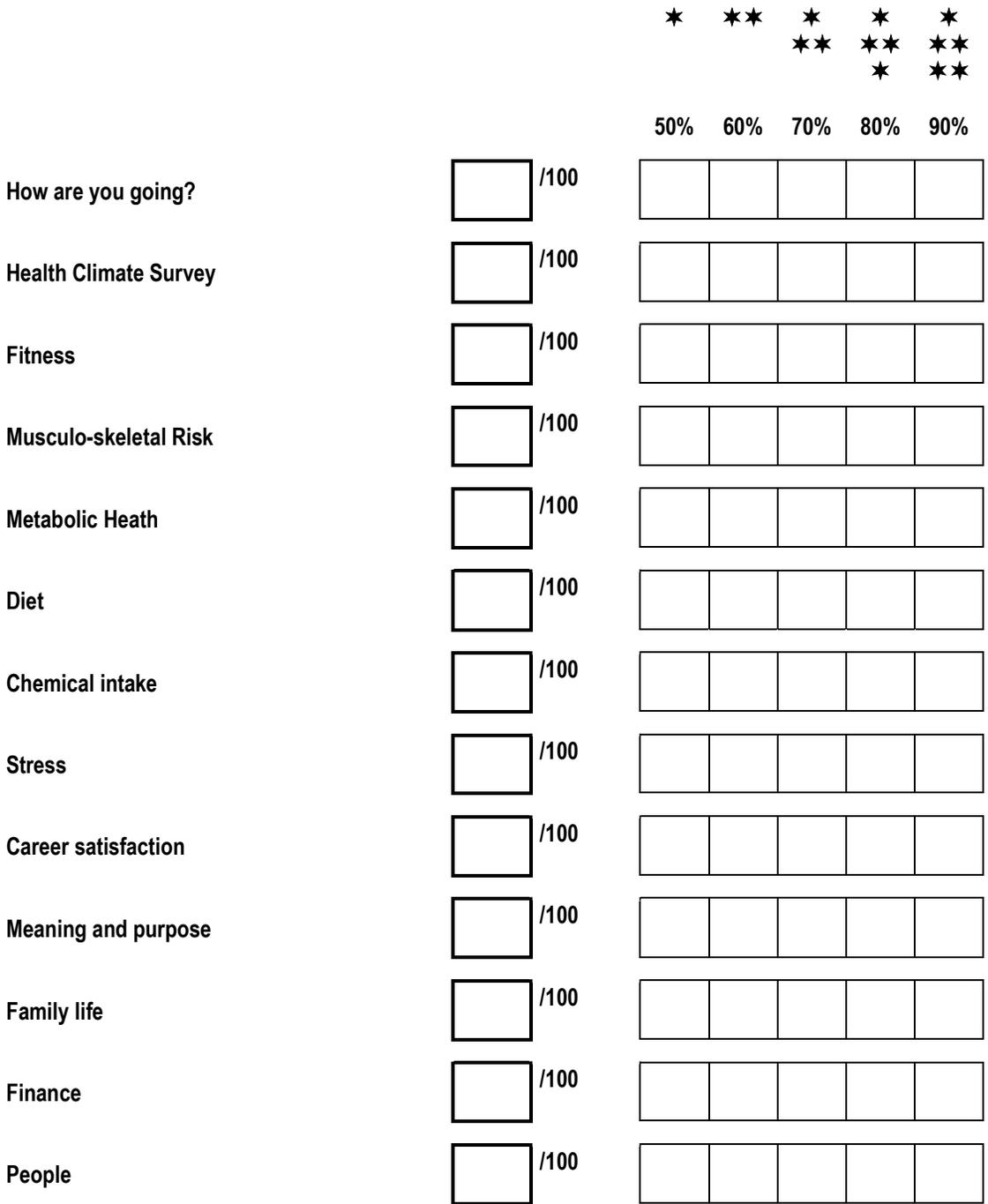
No										Yes
0	1	2	3	4	5	6	7	8	9	10

10. How many weeks since you've had neighbours or friends around?

0	1	2	3	4	5	6	7	8	9	10

TOTAL

SUMMARY OF PROFILES



If I'd known I was going to live this long, I'd have taken better care of myself.
Eubie Blake (On his 100th Birthday)

GUNNADO

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

FITNESS	DIET
SELF	FAMILY
FRIENDS	CAREER
FINANCES	THINGS

Confucius say,
Choose a job you love and you'll never have to work a day in your life.

NOTES

I can give you
the program
but I can't do
it for you.

Kenneth Cooper

