

Healthy Personal Lifestyle Questions

Score one point for every time you answer yes.

1. I do NOT currently smoke cigarettes/cigars or use any tobacco products (chewing tobacco).

_____ Yes, I agree with the statement.

What goal might improve your health and score?

2. I have regular cholesterol screenings done and have a normal level and a normal hs-CRP test. (Check pages 11–13 for normal levels.)

_____ Yes, I agree with the statement.

What goal might improve your health and score?

3. I have my blood pressure checked regularly and have a normal pressure. (Check page 14 for normal levels.)

_____ Yes, I agree with the statement.

What goal might improve your health and score?

4. I have a normal blood glucose level and have NOT been diagnosed with diabetes.

_____ Yes, I agree with the statement.

What goal might improve your health and score?

5. I have a normal (not overweight or obese) waist circumference.

_____ Yes, I agree with the statement.

What goal might improve your health and score?

6. I do not currently have depression, high stress, or other mental health issues.

_____ Yes, I agree with the statement.

What goal might improve your health and score?

7. I eat several servings of fruits and vegetables per day.

_____ Yes, I agree with the statement.

What goal might improve your health and score?

8. I drink alcohol in moderation or not at all. (1 drink a day maximum for women and 1–2 maximum for men)

_____ Yes, I agree with the statement.

What goal might improve your health and score?

9. I do at least 30 minutes of aerobic exercise per day on average.

_____ Yes, I agree with the statement.

What goal might improve your health and score?

10. I lift weights or do some type of resistance exercise at least 2–3 times per week.

_____ Yes, I agree with the statement.

What goal might improve your health and score?

Total Score _____

What does my score mean?

- 10 points = Congratulations!
- 7-9 points = Very Good! Keep up the good work and 10 points is within your reach!
- 4-6 points = Good! However, still a lot to work on.
- 1-3 points = Okay! Still need to make some major life changes very soon.
- 0 points = Need to change things now!

What does my score really mean in terms of health?

Men and women who lived the longest had the highest number of moderate healthy lifestyle choices. If someone had almost 10, or all 10, “yes” answers, there was about a 70 percent chance that they would live to at least age 85 without mental or physical disability. Each positive lifestyle choice gave the individual a 5–10% decreased risk of dying young or suffering from a cardiovascular event (heart attack, for example). The more of the lifestyle changes that you are able to accomplish, the greater the chance that you will not only live a longer life, but a more high-quality life! Finally, keep in mind that if you have any of the above conditions (such as depression, elevated glucose, or high cholesterol levels), but they are currently under medical and lifestyle control, then you can change your answer to “yes.”