

## 7097 - Self-Assessment for a Healthy Lifestyle



	I eat fast food/take-out more than 4X a month (C)
	I eat a healthy, balanced breakfast every day (A)
	I can read & understand a food label and do this on a regular basis (B)
	I eat hot dogs, sausages and lunch meat like salami & bologna at least 2X a week (C)
	I eat at least four servings of fruits & vegetables daily (A)
	In my kitchen, you will find lots of packaged convenience meals and snacks (B)
	I eat a green salad at least 3X a week (A)
	My drink of choice is water and I drink at least eight glasses per day (A)
	I can't get through a day without drinking pop (diet or regular) (C)
	I cook at least five meals a week at home (B)
	I limit myself to three small cups of coffee per day (B)
	I enjoy a variety of lean protein, such as poultry & fish but no more than 2-3 servings/day (A)
	I get at least 30 minutes of cardiovascular exercise a minimum of 3x/week (B)
	I have at least one hobby I participate in regularly that involves being physically active (B)
	I watch more than three hours of television on a daily basis (C)
	I take time out of every day to stretch my body (A)
	At the end of the day, I find myself feeling achy and fatigued (C)
	I can climb a flight of stairs without feeling winded (B)
	Strength training (free weights, resistance bands, etc) is part of my routine at least 2x/week (A)
	I make room for fitness in my busy life at least 5x/week (A)
	I choose a variety of activities to keep my fitness routine interesting (A)
	I make an effort to take the stairs instead of the elevator or escalator at work (B)
	I set fitness goals for myself on a regular basis and push myself to achieve them (A)
	I participate in mind-body fitness (yoga/tai chi) on a weekly basis (A)

### Scoring Instructions:

Tally up the number of A's, B's & C's you earned in the quiz.

#### Mostly A's:

Congratulations – you are clearly committed to making the right choices to live a long & healthy life. You strive to eat a healthy, balanced diet and you make the effort to live an active lifestyle. Make sure to keep lots of variety in your food and fitness in order to keep things from getting stale.

#### Mostly B's:

You are on the road to health & wellness but you still have a ways to go. Perhaps you are eating right but not getting enough exercise? Or maybe you love being active but you are struggling with making the right food choices. Don't give up – this is a process and every good choice you make will help you live a long & healthy life.

#### Mostly C's:

It's time to make some changes to your current lifestyle! You are eating too much processed foods and likely living a non-active lifestyle. Change is difficult and when you are just starting, everything can seem overwhelming but isn't your health worth it? Start making small changes now. If you can't do 30 minutes of exercise in one session, break it up into 10 minute increments, 3x per day. Commit to eating a serving of fruits or vegetables at each meal. Limit your eating out to 2-3 times per month. Every little bit counts and you CAN do it!



### How to Calculate Your BMI

Divide your weight in pounds by your height in inches squared and multiply by a conversion factor.

Example:

Weight = 150lbs, Height = 5'5" (65")

Calculation:  $[150 \div (65)^2 \times 703 = 24.96]$

BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
30 and above	Obese

### Are You Sleep Deprived?

Rate the following statements: 0 = never; 1 = sometimes; 2 = often; 3 = always

1. I sleep through the alarm clock.	
2. I have morning grogginess.	
3. I need caffeine to help me wake up in the morning.	
4. I need caffeine to help me stay awake during the day.	
5. I have difficulty concentrating.	
6. I turn down social engagements because of fatigue.	
7. It is difficult to keep my eyes open while driving at night.	
8. I fall asleep within 5 minutes of going to bed.	
9. I am forgetful during the day.	
10. I am irritable with family members and co-workers.	
11. It takes me longer to get things done.	
12. I experience the mid-afternoon slump.	
<b>TOTAL</b>	

### Scoring Key:

0-9: You are not sleep deprived.

10-24: You are on the way to sleep deprivation.

25-36: You are sleep deprived.

Getting enough sleep is an important part of a healthy lifestyle but what about those times when getting sleep is out of your control? Maybe you have a newborn or a sick child or maybe you are working two jobs to make ends meet. Here are some helpful tips for dealing with sleep deprivation:

- 1. Scale back your commitments** – you may not be able to cut back on everything but there may be some things you can give up while you get caught up on your sleep such as volunteer activities, household projects or even fun opportunities that come your way. Try cutting back until your sleep is under better control.
- 2. Use caffeine wisely** – caffeine is a chemical so use it sparingly. Try and wean yourself off it as a wake-up necessity and save it for a mid-day slump. Best to ensure you stop using it within 8 hours of your planned bedtime, too!
- 3. Plan your meals and snacks carefully** – there are plenty of natural sources of energy besides caffeine that work just as well, if not better. Eat a protein-rich breakfast, drink lots of water and try eating an apple when your energy level starts to drop. Avoid refined sugar as the initial energy spike will disappear quickly and leave you feeling even more tired than before.

Sources: [www.thelunchboxclub.co.nz](http://www.thelunchboxclub.co.nz), [www.zenfamilyhabits.net](http://www.zenfamilyhabits.net), [www.sleepandhealth.com](http://www.sleepandhealth.com), [www.cdc.gov](http://www.cdc.gov)