



GET READY, TO GET ACTIVE!

HEALTH & LIFESTYLE ASSESSMENT

1. How many times a week do you eat out?
 - a. 0-2
 - b. 3-5
 - c. 6+
2. How many meals do you eat a day?
 - a. 1
 - b. 2
 - c. 3
 - d. 4+
3. Do you snack?
 - a. No
 - b. Sometimes
 - c. Only Healthy Snacks
 - d. All the time
4. Do you exercise?
 - a. I have a strict regime that I follow
 - b. Once or twice a week
 - c. A few times a month
 - d. I hardly exercise
5. How fit are you?
 - a. I could be a fitness instructor
 - b. Am relatively fit, I exercise regularly
 - c. Could be fitter
 - d. Am totally unfit!
6. Do you have any illness or diseases (i.e. High blood pressure, diabetes)
 - a. Yes, and it's quite serious
 - b. Yes, but it's under control
 - c. I don't think so (but I'm not very sure)
 - d. Nope – I have regular check-up.
7. Do your parents or family members suffer from any illnesses?
 - a. Yes, both my parents
 - b. Yes, one of my parents
 - c. Yes, other family members
 - d. No
8. Are you a smoker?
 - a. Yes, I smoke at least a pack a day
 - b. Yes, I smoke around half a pack a day
 - c. I'm a social smoker
 - d. No
9. Do you drink alcohol?
 - a. I drink everyday
 - b. I do occasionally
 - c. I seldom drink
 - d. I don't drink at all
10. How many hours of sleep do you have on average?
 - a. 7-8
 - b. 5-6
 - c. Less than 5
11. How would you describe your present working mood?
 - a. Stressed and tired
 - b. Still can cope
 - c. Quite leisurely

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12. What do you do in your free time?
 - a. Outdoor activities
 - b. Party/ eating out
 - c. Television/surfing the Internet
 - d. What free time?
13. Have you ever had any of the following mental condition ie. anxiety, depression, insomnia, mood swings etc.?
 - a. Yes, but it's in the past
 - b. Yes, quite often
 - c. Yes, only once in a while
 - d. Never
14. When was the last time you fall ill?
 - a. In the last month
 - b. In the last 3 – 6 months
 - c. In the last year
 - d. I can't remember – I hardly fall ill
15. If you are totally honest, how would you describe your body size?
 - a. Average
 - b. On the slender side
 - c. Slightly plump
 - d. Very overweight or obese

SCORING METRIC

| | | | | |
|-----------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 1. a-0 b-1 c-2 | 2. a-3 b-2 c-0 d-1 | 3. a-0 b-1 c-2 d-3 | 4. a-0 b-1 c-2 d-3 | 5. a-0 b-1 c-2 d-3 |
| 6. a-3 b-2 c-1 d-0 | 7. a-3 b-2 c-1 d-0 | 8. a-3 b-2 c-1 d-0 | 9. a-3 b-2 c-1 d-0 | 10. a-0 b-1 c-3 |
| 11. a-3 b-1 c-0 | 12. a-0 b-2 c-1 d-3 | 13. a-1 b-3 c-2 d-0 | 14. a-3 b-2 c-1 d-0 | 15. a-0 b-1 c-1 d-3 |

0-10 POINTS

You are a complete health freak and almost unbelievably disciplined. You make sure that you live a healthy life and your health must be in tip-top condition – whether it is to do with your diet, exercise or daily. You are likely to have undergone health checkup. Well done and continue the good work but you're able to relax a bit.

11-22 POINTS

You would consider yourself relatively healthy with the rather healthy and normal lifestyle you live. You are well aware what constitute a healthy lifestyle although at times you allow yourself some liberty to let loose. Do not let yourself slack and you could even improve your health further.

23-34 POINTS

You think life is too short not to have fun and enjoy. So, although you know health is important, you constantly succumb to indulging in pleasures and temptations in life easily and as a result, your health tend to take a back seat. It's time to set a resolution and buck up with exercises and good diet again.

35-45 POINTS

You are seriously courting danger with your life! Chances are your body has already been sending signals of health problems if you are not already suffering from the consequences of your careless and irresponsible lifestyle. You really need to take heed and do something before it's too late!

Whatever category you fall into, bear in mind that prevention is always better than cure. Health screening is a vital and wise thing to do to assure you of a healthy future.

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