

How healthy are you?

✓ Tick if the statement is correct for you.

N for nutrients

- 1. I eat coloured vegetables every day
- 2. I eat raw vegetables every day
- 3. I eat 60-90 g. of protein each day
- 4. I limit white starchy carbohydrates
- 5. I limit sugar intake
- 6. I limit commercially processed foods
- 7. I try to avoid artificial food additives

E for exercise

Over 3 days I undertake an average of:

- 1. 75 min aerobic exercise
- 2. 30 min weight bearing exercise

W for water

Each day I drink:

- 1. 6-8 glasses pure water or herbal tea
- 2. I limit coffee and avoid soft drinks

S for sunlight

My average of sunlight exposure is:

- 1. 20 minutes per day at times when UV is low

T for toxin minimization

I try to avoid harmful chemicals in:

- 1. processed food
- 2. household cleaning products

- 3. the workplace
- 4. personal care products
- 5. pesticides in food and drink
- 6. tobacco smoke
- 7. pharmaceutical or other drugs

A for air

- 1. I live in an environment where there is good air quality
- 2. I mostly avoid air-conditioned spaces

R for rest

- 1. I enjoy at least 8 hours of good quality sleep
- 2. I enjoy regular times of relaxation

T for TRUST and thinking happy thoughts

- 1. I live in a general state of happiness
- 2. I enjoy warm and positive relationships
- 3. I trust in God

How many ticks?

My score: /25

Multiply by 4 for a %:

I want to improve my health in these areas:

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Rating: