

## **“REVITALIZED RESOLUTIONS” QUIZ**

It's July! Do you know where your New Year's Resolutions are? Now that the year is about half over, it's the perfect time for a resolution "check up."

How do your health resolutions rate? See if you're on track with this "Revitalized Resolutions Quiz"! Evaluate yourself using the categories below (ten is the highest, one is the lowest), then add up your score to reveal your health personality!

1. Do you eat healthy foods and follow a balanced diet on a daily basis?  
1 2 3 4 5 6 7 8 9 10
2. Do you sit up straight and have correct posture?  
1 2 3 4 5 6 7 8 9 10
3. Do you exercise at least three times each week?  
1 2 3 4 5 6 7 8 9 10
4. Do you rarely experience physical limitations in your life?  
1 2 3 4 5 6 7 8 9 10
5. Does your weight fall within a healthy range for your height and frame?  
1 2 3 4 5 6 7 8 9 10
6. Do you schedule weekly or monthly chiropractic visits?  
1 2 3 4 5 6 7 8 9 10
7. Do you avoid habits such as drinking and smoking?  
1 2 3 4 5 6 7 8 9 10
8. Do you get eight hours of sleep each night?  
1 2 3 4 5 6 7 8 9 10
9. Do you have a short and easy daily commute?  
1 2 3 4 5 6 7 8 9 10
10. Do you live a relatively stress free lifestyle?  
1 2 3 4 5 6 7 8 9 10

## HEALTH PERSONALITIES

### **If you scored between 10 and 24, you are a... “Couch Potato”**

**Results:** Time for a wake up call! Your score indicates a low interest in meeting health goals. Your “if it ain’t broke, don’t fit it” attitude is leading you toward a limited life and lower expression of health potential. Your long daily commute in a cramped seated position isn’t helping either. Regular sleeping hours seems to be eluding you as well, which may lead to overeating and weight gain. You smoke and/or drink often and do not follow a balanced diet or consistent exercise program, which is why you are either overweight or unsatisfied with your current figure. Stress must be your middle name!

**Solutions:** Act now before your “wake up call” crisis occurs. Consider telecommuting or a more flexible work schedule, which would add more hours to your day for sleep and exercise. Cut back on junk food and opt for more fruit and veggies in your diet. Make an appointment today with your chiropractor to learn how to function at your best, be as healthy as possible and live your life without limits.

### **If you scored between 25 and 49, you are a... “Tightrope Walker”**

**Results:** All you need to get by is all you’re doing. You’re trying to meet your health goals, but are having trouble fitting everything into your overbooked 24-hour day. You sleep when you can and often get just enough to avoid snoozing on the job. You sometimes smoke and/or drink and try to eat healthy, but you often choose fast food because of your hectic schedule which means you’re consistently a few pounds overweight. Your posture could use some work and you have some back pain. Moderate to high stress levels may be your reason for neglecting regular exercise in your day.

**Solutions:** Try to schedule exercise into your day planner instead of leaving it to chance. Get your “daily eight” by carrying a large water bottle around all day and in the car while you travel. Bring a bag of fresh cut veggies or diced fruit to work for snacks instead of the office vending machine. Consider going online to research stress management techniques such as guided imagery or meditation. See your chiropractor to review active life strategies to help you always be at your best.

### **If you scored between 50 and 74, you are... “Moderation Model”**

**Results:** Way to go! You’re a generally healthy person, but you still enjoy your indulgences once in a while. You try to maintain good posture, and seek regular chiropractic care, either weekly or monthly. You get enough sleep except for late weekend nights, and only smoke and or drink socially, not habitually. Your healthy diet is commendable, but you rarely refuse at least a small slice of chocolate cake! You have an easy commute or practice good stress reduction techniques in the car such as singing aloud, eating peppermints, listening to books on tape, and laughing. However, those last five pounds may as well be your shadow because you can’t seem to lose them!

**Solutions:** Don’t be afraid to push yourself just a bit more to achieve your highest health goals! Do you only use the treadmill at the gym? Try a new “cross-training” exercise program that includes bike riding, swimming, kick boxing, even dancing! Chocolate is a

good indulgence if you must, especially dark chocolate which has less sugar. Your regular chiropractic care has led to overall health in many areas of life.

**If you scored between 75 and 100, you are a... “Health Nut”**

**Results:** You are the epitome of good health! You maintain this healthy balance with good decision-making. You are on a first-name basis with your chiropractor and have created an active life plan to keep you and your family healthy through each stage of life. You exercise regularly and maintain excellent posture, always remembering to stand or sit up straight. You make sure to get your full eight hours of sleep every night and follow a strict diet. You abstain from smoking or drinking. You generally lead either a low-stress lifestyle or you practice good stress management and are able to deal with whatever comes in a healthy way.

**Solutions:** Set new goals for the second half of the year since you’ve been meeting your current goals. Push yourself to learn something new or improve in something you already do well. Bring along a friend who’s struggling with meeting health goals and encourage someone else toward better health. Oh, and send your chiropractor a thank you note!