

How Healthy is Your Lifestyle?

How Healthy is Your Lifestyle? is a self-scoring paper-and-pencil wellness assessment and presentation based on four major lifestyle studies of nearly 600,000 people. The PowerPoint® presentation highlights the 12 practices research showed to be significant predictors of health and longevity. Participants are offered sensible recommendations and opportunity to choose personal lifestyle goals.

This versatile resource was designed as a lifestyle assessment followed by a health presentation. The presentation can be adapted to short Health Nuggets. The two-color assessment form has multiple uses.

Health Practices Covered:

1. *Smoking.* Do you smoke?
2. *Weight.* How many pounds overweight are you?
3. *Physical Activity.* How many active days per week?
4. *Fruits and Vegetables.* How many servings per day?
5. *Breads and Cereals.* What type of cereals do you eat?
6. *Animal Fat.* How much high-cholesterol food do you eat?
7. *Sleep.* How much sleep do you get each night?
8. *Alcohol.* How much do you drink in a day?
9. *Regular Meals.* Do you eat breakfast?
10. *Happiness.* Are you satisfied with your life?
11. *Social Support.* Do you have friends/family you can count on?
12. *Spiritual Connection.* Do you have a spiritual life?

Instructor's Manual Includes:

- ♦ Guide to program. Complete Speaker's Notes for presentation
- ♦ 100 assessment questionnaires with recommendations
- ♦ CD-ROM with PowerPoint presentation, Promotional materials

System requirements for PowerPoint® presentations:

Microsoft Windows 95 or higher - no additional software needed

To print slides: viewer included. LCD projector needed for large groups

Titles in the Community Health Assessment Series:

- ♦ Your Health Age (La edad de su salud)
- ♦ Healthy Foods Index
- ♦ Your Stress Profile (Su perfil de estrés)
- ♦ How Healthy is Your Lifestyle?
- ♦ Your Coronary Risk (Su riesgo de cardiopatía) ♦ ¿Qué tan saludable es su modo de vida?

About LifeLong Health

LifeLong Health is a registered product line of health resources for community health outreach. It is offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. The product line includes ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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Assessment Kit: AS1010-I
Instructor's Manual, CD, &
100 Assessments

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