

¿Qué tan saludable es su modo de vida?

¿Qué tan saludable es su modo de vida? is a self-scoring paper-and-pencil wellness assessment and presentation based on four major lifestyle studies of nearly 600,000 people. Research has shown 12 practices to be significant predictors of health and longevity. Four are key. The PowerPoint® presentation highlights all 12 practices. Participants choose personal lifestyle goals with sensible recommendations. This resource was designed as a lifestyle assessment followed by a health presentation. The presentation can be divided into short Health Nuggets, and the double-sided assessment form can be used without a presentation.

Health Practices Covered:

1. *Fuma.* ¿Fuma?
2. *Peso.* ¿Cuántas libras de peso excesivo son usted?
3. *Actividad física.* Días de actividad por semana.
4. *Frutas y verduras.* Porciones por día.
5. *Pan y cereales.* Clase consumida.
6. *Alimentos ricos en grasa animal y colesterol.* Consumo típico.
7. *Sueño/Descanso.* Horas de sueño. ¿Se siente cansado o descansado?
8. *Alcohol.* Número típico de bebidas por día.
9. Comidas regulares. ¿Desayuna?
10. *Felicidad o satisfacción en la vida.* ¿Está contento con la vida?
11. *Apoyo y interacción social.* ¿Con la familia y los amigos?
12. *Conexión espiritual.* ¿Pasa usted tiempo cultivando su vida espiritual?

Instructor's Manual Includes:

- ♦ Guide to program. Complete Speaker's Notes for presentations
- ♦ 100 assessment questionnaires with recommendations
- ♦ CD with PowerPoint presentation--*no other software needed*

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

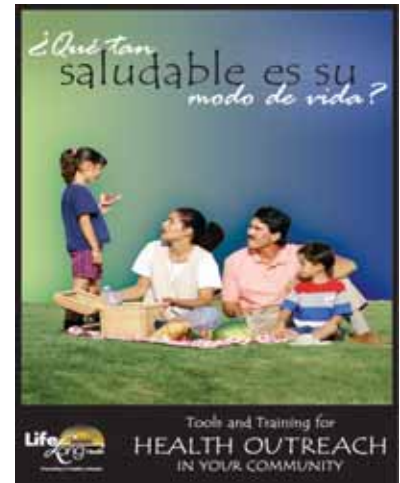
Titles in the Community Health Assessment Series:

- ♦ 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-S
Instructor's Manual & CD

Self-Scoring!

Paper-and-Pencil Assessment can be printed from the CD!

For information or to order, call

800.533.9355



Tools & Training for Effective
Health Outreach

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