

Discover Your Health Age

Name:

**How many good health habits
you currently practice**

Your current age
according to your birth record

Your Health Age
according to your
health practices

Your Potential Health Age
Your health age if you practiced all seven
good health habits

Your Additional Years
The number of years your life
expectancy is shorter or longer
than the average

Your Potential Additional Years
The number of years your life
expectancy could be longer if you
practiced all seven good health habits

Maintain a proper weight of:

Overweight

Get 7-8 hour of sleep nightly

Exercise regularly

Don't smoke

Eat a healthy diet

Don't drink alcohol

Eat breakfast daily

Don't eat between meals

More than ever before, scientific research is uncovering the fact that premature aging and disability are largely the result of the way we live. Common lifestyle factors, as being overweight and not getting enough sleep or exercise can make people old before their time.

In a well-known study, the health practices of 7,000 people were recorded for nine years. This research revealed a clear relationship between the 7 health practices listed on the left and one's risk of death. Individuals practicing all of these healthy habits lived an average of 10-12 years longer, with increased quality of life.

This report will help you discover your current health age by comparing your personal health practices with current scientific information.