

Wellness

A GIFT FROM YOUR PERSONAL WELLNESS COACH
AND HERBALIFE INDEPENDENT DISTRIBUTOR





What is Wellness?

“The condition of good physical and mental health, especially when maintained by proper diet, exercise and habits.”

—American Heritage Dictionary

“It’s about feeling better and looking better.”

—Mark Hughes,
Founder, Herbalife

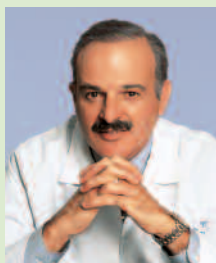
“Wellness is about waking up every morning and having enough time, energy and freedom to live the life you want.”

—Author Unknown

What Does Wellness Mean to You?

The Keys to Wellness

Every day we search for ways to feel better; this makes our days more enjoyable for ourselves as well as those around us. The recipe for success is a balanced diet combined with sufficient water intake, along with exercise. By combining these three keys to daily wellness, you are giving yourself the opportunity to feel good day after day.



Good nutrition is vital to wellness and enhances the overall quality of life. Unfortunately, Americans’ busy lifestyles don’t support the healthy choices that can help prevent the development of problems in later years.

Today most people are not getting what science considers necessary for optimal health in terms of diet, exercise or lifestyle habits.

Although you may not be able to change your habits overnight, you can address these factors gradually. You can decide, for example, to discover the pleasure derived from healthy eating, regular physical activity, and drinking enough water throughout the day.

This booklet will help you learn how to do that. I hope you will enjoy learning about steps you can take to put more years in your life, and more life in your years through optimum wellness.

Dr. David Heber,
M.D., Ph.D., F.A.C.P., F.A.C.N., Professor of Medicine and Director,
UCLA Center for Human Nutrition*

*Title is for identification purposes only. The University of California does not endorse specific products or services as a matter of policy.

Why is America in Need of Wellness Today?

“On the whole, Americans are more unhealthy than ever,” says Dr. David Heber, Chairman of Herbalife Medical & Scientific Advisory Boards. “Poor nutrition, stress, pollution and other factors continue to increase the risks of a variety of illnesses and obesity.”

America’s Vital Statistics

- The USDA Center for Nutrition Policy & Promotion states that dietary factors are associated with four of the ten leading causes of death in the United States:
 - Heart disease
 - Cancer
 - Stroke
 - Diabetes[†]

[†]The *Journal of the American Medical Association* cites that diabetes deaths have risen 45% from 1970 - 2002 and reasoned that America’s obesity problem could be boosting diabetes deaths.

- 50% or more of these deaths are diet-related.
- 70% of all doctor visits are from diet-related conditions with the #1 complaint being fatigue.
- 65% of the US population is overweight in addition to the 25% of children between the ages of 6 and 19 who are overweight.
- The American Obesity Association (AOA) also reports that being overweight during childhood and particularly adolescence is related to increased morbidity and mortality in later life. Adverse health effects associated with overweight children and adolescents are:
 - Asthma
 - Diabetes type 2
 - Hypertension
 - Orthopedic complications
 - Psychosocial effects & stigma
 - Sleep apnea



How Did This Happen?

The increase of technology and packaged foods; our dependence on motor transportation rather than walking; our sedentary lifestyles; and our busy schedules that leave us little time to prepare healthy meals or exercise have led us down a morbid path. Gaining weight and getting sick is easier than ever.

Our busy lifestyles don't support the healthy choices that can help prevent the development of problems in later years. Today, many Americans are not getting what doctors consider essentials for optimal health in terms of diet, exercise or lifestyle habits.



Factors That Impact Health

- Fast food diets that are high in fat and low in nutrients.
- Overly-processed, convenience foods.
- Sedentary lifestyle.
- Pollution.
- Stress.
- Certain medications.
- Lack of dietary fiber from fruits, vegetables and whole grains.
- Not enough healthy sources of protein in our diets to support healthy muscle and bone.
- Lack of proper rest.

The Good News!

Although this information is disturbing, there is good news. Since you control your diet and activity level, you have the power to improve your immediate and future health. All you need is the right information and the desire to put it into action.

Remember, improving your state of wellness is a step-by-step process. By following the steps below and making the adjustments necessary, you can improve your wellness starting today!

Steps for Achieving Optimum Wellness:

- Define Your Wellness Goals.
- Have an evaluation of your personal wellness.
- Identify key areas you need to impact to reach your wellness goals.
- Get recommendations from your Personal Wellness Coach.
- Make a plan of action that you can commit to.
- Get the ongoing support you need to stay on your wellness track for a healthier future.



The Keys to Optimum Wellness

1 – Balance Your Diet

You need to get enough of the right foods including colorful fruits and vegetables, protein, good carbohydrates and just enough good fats for the taste you want. You also need vitamins, minerals and fiber from dietary supplements to provide the nutrition missing from your diet that your cells need for good health.

2 – Exercise Regularly

Regular exercise can help you feel and look your best. Exercise conditions your heart and relieves stress and makes it easier to achieve and maintain a healthy body weight.

3 – Drink Lots of Water

Your body is about two-thirds water. In an average day, you lose at least one pint of water even without excessive sweating. To feel your best, you should drink 6 to 8 glasses of water a day.

1

Balance Your Diet

The Hazards of Poor Nutrition

There are many health risks associated with a poor diet, including:

- Weakened immune system, leading to more frequent infections
- Osteoporosis or weak bones
- Weakened muscles and poor skin tone, leading to premature aging

Regardless of your weight, income level or present state of health, you may not be getting enough of the nutrition you need if the variety and quality of foods in your diet is poor. A balanced diet rich in nutrients, however, will help you look and feel better inside and out.

Good Nutrition = Prevention

Advances in nutritional science have brought us important insights into what goes into a healthy diet:

1. Getting protein from soy, lean meats and fish is important to control your appetite and to nourish and protect your muscles.
2. Colorful fruits and vegetables provide unique plant nutrients and antioxidants that protect the health of the most important organs in your body.
3. Fiber from fruits, vegetables and some whole grains is important to maintain balanced intestinal function and to clear toxins from your body.
4. Healthy fish-oil fats from ocean-caught fish help to rebalance the good and bad fats in your diet.



The USDA Center for Nutrition Policy and Promotion states that dietary factors are associated with four of the 10 leading causes of death in the United States.

Balance Your Diet

The Power of Protein:

Protein helps build and maintain strong muscles. Try to consume 75 to 100 grams of protein each day. Eating protein at every meal also helps control hunger. The best protein-rich foods are those that are low in fat, such as high-protein breakfast shakes, chicken or turkey breast, egg whites, fish and shellfish, very lean cuts of red meat



and low-fat or non-fat dairy products. Limit high-fat protein foods such as cheese, most red meat cuts, sausages and full-fat dairy products.

- Protein helps prevent muscle and bone breakdown.
- Protein helps control hunger and is essential for energy.

Great Grains:

You should get 25 grams of fiber per day for optimum wellness from a combination of whole grains, fruits and vegetables. Whole grains are made up of an outer shell of fiber, an inner portion rich in starch and a germ center rich in protein. Go out of your way to read labels and choose whole-grain foods whenever possible.

Try to consume up to 3 servings per day of whole grain products such as 100% whole grain breads and pasta,



brown rice and cereals such as rolled oats and shredded wheat. These supply more vitamins, minerals and fiber than refined grain products.

- Fiber ensures smooth intestinal flow and slows down the emptying of the gastric system.
- Adequate fiber supports cardiovascular health.



Based on evidence from numerous studies, the FDA states that 25 grams of soy protein daily in a diet that is also low in saturated fat and cholesterol may reduce the risk of heart disease.

Balance Your Diet



According to the National Institutes of Health, up to 50% of the U.S. adult population does not receive the recommended 1,000-1,500 mg of calcium per day to help prevent osteoporosis.



The American Heart Association recommends that healthy individuals include omega-3 fatty acids in their diet to help reduce the risk of cardiovascular disease.

Dairy Products:

Milk protein is a high-quality protein that can be helpful in balancing your diet for optimum wellness. If you are sensitive to a milk sugar called lactose, you can find lactose-reduced dairy products. You can also



substitute soy products without losing any key nutrients. Look for low-fat and non-fat dairy products and stay away from full-fat dairy products.

- Calcium is needed for muscular growth and contraction and for the prevention of muscle cramps.
- Lack of vitamin D is associated with an increased risk of a number of common diseases of aging.

Good and Bad Fats:

Healthy fats that naturally occur in nuts, avocados and olive oil are some of the healthiest fats you can consume.

Ocean-caught fish also provides healthy fats that help reduce the risk of heart disease when eaten three to four times per week as part of a healthy balanced diet.

Fats such as oils, butter, margarine, mayonnaise and foods rich in fats such as salad dressings, sauces and gravies should be limited.



A few nuts or some slices of avocado can add a lot of flavor to vegetables or salads with less fat than rich sauces or dressings.

- Good fats are needed for the normal development and functioning of the brain.
- Deficiency of essential fatty acids can lead to an impaired ability to learn and recall information.

Balance Your Diet

Benefits of Plant Nutrition:

Vegetables and fruits come in different color groups: Red, Yellow/Green, Green, White/Green, Orange/Yellow, Orange, Red/Purple. These colors come from unique plant nutrients, called phytonutrients, that interact with your body and are sometimes stored in the body. For optimum wellness, include each of the different colors every day.

Seven servings a day for women and nine servings a day for men are recommended (a serving is about a cup of fresh vegetable, a half cup of cooked vegetable, or a half cup of fruit).

To make it easier to get your 7 to 9 servings per day, try convenient frozen fruits and vegetables, tomato sauces, juices or soups and pre-washed salads.

- Phytonutrients help protect your body against cancer.

Orange-yellow	Oranges, tangerines, peaches, papayas, nectarines
Orange	Carrots, mangos, apricots, acorn squash, cantaloupes, pumpkin, winter squash, sweet potatoes
Red-purple	Red grapes, fresh or dried plums, cranberries, raspberries, blackberries, blueberries, strawberries
Red	Tomatoes and tomato products, pink grapefruit, watermelon
Yellow-green	Spinach, avocado, honeydew melon, collard greens, mustard greens, yellow corn, green peas
Green	Broccoli, brussels sprouts, cabbage, Chinese cabbage, bok choy
White-green	Garlic, chives, onions, celery, leeks, asparagus



The National Cancer Institute recommends that men should eat 9 daily servings of fruits and vegetables, and women should eat 7 daily servings.

Balance Your Diet

Sample Balanced Meals

To give you an idea of what a nutritious, balanced meal might look like, we've included some suggestions. Notice that good nutrition can come from ordinary foods and doesn't have to be expensive. You just need some knowledge and motivation to develop good nutritional habits.



Avoid overeating by keeping portions to the size of your open palm or closed fist.

Breakfast

- Omelet made with 7 egg whites, salsa, tomato and spinach
- 1 slice whole grain toast
- 1/2 grapefruit

Or

- Protein Shake with added fresh fruit

Hint: Keep it fresh and low in fat

Lunch

- 2 grilled chicken breasts with condiments on multi-grain roll or bun
- Green salad with tomato and carrots and low-fat dressing
- 1 cup fresh fruit

Hint: Switch from white to multi-grain breads

Dinner

- 8 ounces grilled fish topped with grilled peppers, onion and eggplant
- Steamed broccoli and cauliflower
- 1/2 cup brown rice
- 1 baked apple

Hint: When serving meat, fish, or chicken, use the grill instead of the frying pan



Insurance for Your Diet

Given today's busy schedules, it's not always possible for us to get all of our nutrients from food, each and every day. Supplements can help ensure that you receive the essential vitamins, minerals and other vital nutrients that your daily diet may not provide.

Nutritional Supplements

Taking a multivitamin daily is a great way to make sure you receive the minimum amounts of a variety of nutrients. It's also an excellent foundation on which to build a personalized supplementation program to optimize your nutrient levels for maximum benefit.

Many Americans do not receive the government-recommended RDA (or Recommended Dietary Allowance) of nutrients in their diet. The RDA is based on the minimum amounts required for good health. Dieters in particular fail to consume adequate levels of nutrients.

By using supplements, you can bring your consumption of vitamins and minerals up to recommended levels. To optimize your nutrition, choose supplements made from quality ingredients that are right for your personal needs.



A U.S. Dept. of Health and Human Services report on nutrition in the United States found that Americans of all ages and races were not getting the recommended amounts of vitamin A, vitamin E, vitamin B6 or the minerals zinc and copper from food.

Nutrients for a Healthy Body

There are many vitamins, minerals and other types of nutrients that can be used to achieve optimized personal nutrition. Use this chart to help you identify vitamins and minerals that you could benefit from or that you may not get enough of in your diet.

Vitamin/Mineral	Major Function	Food Sources
Vitamin A/Beta-carotene	Vision, growth, healthy skin, immune function	Spinach, leafy green vegetables, carrots, cantaloupe, broccoli, apricots, fortified milk and breakfast cereals
Vitamin D	Bone health	Fortified milk and breakfast cereals, salmon, sardines
Vitamin E	Healthy cell membranes; antioxidant	Vegetable oils, nuts, seeds, fortified cereals
Vitamin K	Blood clotting	Green vegetables, milk, liver
Vitamin B-1 (Thiamin)	Helps obtain energy from foods; healthy nervous system	Whole and enriched grain products, dried beans, meats
Vitamin B-2 (Riboflavin)	Helps obtain energy from foods	Milk, mushrooms, spinach, liver, whole grains
Vitamin B-3 (Niacin)	Helps obtain energy from foods	Mushrooms, bran, fish, chicken, beef, liver, peanuts, enriched grains
Vitamin B-6	Helps body to process proteins; healthy nervous system	Meats, fish, poultry, spinach, broccoli, bananas, sunflower seeds
Folic Acid	Protects genetic material and prevents certain birth defects	Green leafy vegetables, orange juice, organ meats
Vitamin B-12	Healthy nervous system	Animal foods (not naturally in plants), fortified cereals and other fortified foods
Vitamin C	Healthy connective tissue; antioxidant	Citrus fruits, strawberries, green leafy vegetables, peppers, tomatoes
Potassium	Healthy nervous system	Spinach, squash, bananas, oranges, tomatoes, melons, dried beans, milk, whole grains
Calcium	Healthy nervous system; healthy bones and teeth	Milk, yogurt, cottage cheese, tofu, leafy vegetables and some fortified foods (such as orange juice)
Copper	Growth, helps prevent anemia	Liver, beans, nuts, whole grains
Iron	Prevents anemia; healthy immune system	Meats, seafood, whole grains, broccoli, peas, bran
Magnesium	Bone strength, nerve and heart function	Wheat bran, green vegetables, nuts, chocolate, beans
Selenium	Antioxidant	Meats, eggs, fish, whole grains
Zinc	Growth, immunity, development	Seafood, meats, greens, whole grains

Balance Your Weight

Balance is the key to both good nutrition and to losing weight. A balanced diet means eating a variety of different healthy food groups and nutrients.

To maintain a healthy weight, you need to take in only as many calories as you burn or use each day. To lose weight, you need to cut back on the calories you take in and burn more calories with exercise. To gain weight, you need to take in more calories than you burn each day.

Whether you're interested in losing, gaining or stabilizing your weight, setting a personal goal for yourself and writing it down can help. It's important to set a realistic goal that can be achieved in a safe manner.

Each person has a best personal weight and shape based on their muscle to fat ratio.

Body Mass Index (BMI)

The Body Mass Index is one way to determine whether your weight is healthy or not. It is considered a more useful measurement than weight. In the U.S., a body mass over 25 is considered overweight and a body mass over 30 is considered obese.

Body mass index is determined through an individual calculation. It can provide many useful pieces of information that you can use to maintain or achieve a healthy body weight. See page 14 to determine your BMI.



The National Institute of Diabetes and Digestive and Kidney Disease warns that obesity and being overweight are risk factors for certain forms of cancer, osteoarthritis, type 2 diabetes, heart disease, stroke and gallbladder disease.

2

Exercise Regularly

Regular Exercise

Physical activity can be divided into two types: aerobic and anaerobic. Aerobic exercise involves large muscle movements over a sustained period of time and includes activities such as:

- Running
- Fast walking
- Aerobic exercise classes

When you make aerobic activity a part of your regular routine, your heart and cardiovascular system become much healthier. In addition, your mood improves, because exercise relieves stress and tension.

Anaerobic exercise builds new muscle and includes activities like:

- Lifting weights
- Resistance training

Only 20 minutes of anaerobic exercise per day can make a dramatic change in your body's shape and condition. Muscle mass helps protect bone mass, which is especially important for women.

Examples of moderate amounts of physical activity to integrate into your daily life:



The National Academy of Sciences recommends 60 minutes of vigorous exercise every day to reduce chronic disease risk.

	Common Chores	Sporting Activities
Less Vigorous, More Time More Vigorous, Less Time	Washing and waxing a car for 45-60 minutes	Playing volleyball for 45-60 minutes
	Washing windows or floors for 45-60 minutes	Playing touch football for 45 minutes
	Gardening for 30-45 minutes	Walking 1.75 miles in 35 minutes
	Raking leaves for 30 minutes	Bicycling 5 miles in 30 minutes
	Walking 2 miles in 30 minutes	Dancing fast for 30 minutes
	Shoveling snow for 15 minutes	Swimming laps for 20 minutes
	Stair walking for 15 minutes	Running 1.5 miles in 15 minutes

(Adapted from The Practical Guide, Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Heart Lung and Blood Institute.)

Exercise Regularly

The Power of Muscle

Exercise builds muscle mass, and as your muscle mass increases you burn more calories, even when you're not exercising.

- Each pound of lean body mass burns about 14 calories per day.
- Each pound of fat tissue only burns about 2 calories per day.

The rate at which your body burns calories when at rest (not exercising) is known as your Resting Metabolic Rate. It's also referred to simply as "metabolism." By increasing your metabolism through exercise, you make the process of losing or maintaining your weight easier.

Building lean muscle mass through exercise can help you reshape your body in the way you desire. Consuming low-fat protein daily can help you build lean muscle mass. Without adequate protein intake, your body will steal protein from your muscles and organs.



Eating protein after a workout can help your muscles recover from strenuous activity.

Exercise Regularly



A recent study found that women who walked one mile in 20 minutes burned just as many or more calories than those who ran one mile in 12 minutes.



Beginning an Exercise Program

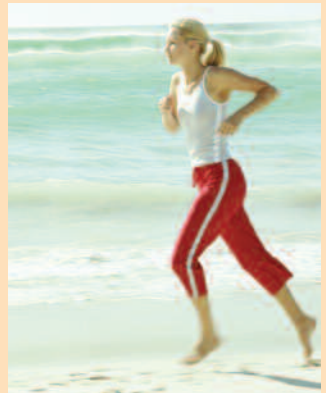
Check with your doctor before beginning an exercise program. Once you get the go-ahead, start slowly and gradually work up to longer and more strenuous workouts. Overtraining, especially when you're just starting out, can lead to strains and injuries.

When you don't have the time:

- If daily exercise isn't practical for you, set a goal of exercising four times a week in 30-minute sessions.
- You can count minutes of activity that are already part of your day, such as time spent gardening, towards a goal of 30 minutes of exercise accumulated throughout the day.
- Try parking farther away from your workplace to get a brief walk in.
- Take the stairs instead of the elevator.

Find the exercise that works best for your lifestyle, whether it's at a gym, on a hiking path or on a playing field. If you're going to exercise outside, make sure you protect your face and exposed parts of your body from sun damage.

Whatever you choose, have fun!



Drink Lots of Water

Drinking plenty of water is an important part of maintaining a healthy weight and a nutritious diet. Water plays an essential role in helping your body process nutrients, maintain normal circulation and keep the proper balance of fluids.

Replace What You Lose

After each 30-minute workout, drink two 8-ounce glasses of water to replenish your fluids. If you find you become thirsty while working out, consider using a sports bottle to help you stay hydrated while you exercise.

Because of their calorie content, soft drinks and fruit juice are not good choices for replacing lost fluids if you are trying to lose or manage your weight. You might try adding just a splash of fruit juice or a slice of lemon or lime to a glass of water if you don't like the taste of plain water.

How Much Water is Enough?

As a general guideline, try to drink six to eight 8-ounce glasses of water a day. If you exercise, you will probably need to drink more to replenish the water lost through sweating.

You can usually trust your sense of thirst to let you know when you need to drink. Your sense of thirst, combined with simply paying attention to how many glasses of water you've had in a day, can help you to keep your body hydrated.



Infants, children and mature adults are more likely to experience dehydration and need to be more attuned to their fluid intake.



Answers to Personal Wellness Questionnaire

1. **Do you eat more meals with poultry, lean meat, fish and plant (soy) proteins rather than steaks, roasts and other red meats?**
White meat of chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these “better-for-you” meats rather than high-fat meats such as hot dogs, steaks and roasts and to balance your proteins by eating some plant proteins such as soy every day.
2. **Do you eat a variety of colorful fruits and vegetables and do you eat at least seven servings a day of these?**
It is important to eat at least seven servings per day of fruits and vegetables to get the fiber, vitamins and minerals these foods contain. Eat a wide range of different colored fruits and vegetables to get a variety of the thousands of substances only found in plants that help keep you healthy.
3. **Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?**
Processed and refined grains provide mainly starch as empty calories. It is important to get whole grain baked goods so that you get all the goodness from whole grains including the vitamins, fiber, and protein found in these important foods.
4. **Do you eat ocean-caught fish at least three times a week?**
Ocean-caught fish have healthy fish oils that can help to reduce the risk of heart disease when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight.
5. **Do you avoid the intake of fried foods, dressings, sauces, gravies, butter and margarine?**
Fried foods, dressings, gravies, sauces, butter and margarine add lots of calories and saturated fat to your diet even when eaten in small amounts. Since it is difficult to control the portions you eat, it is best to avoid these foods as much as possible.
6. **Is your digestive system free of indigestion or irregularity?**
Being regular is important in order to eliminate toxins from your body and healthy elimination can maintain a normal balance of cholesterol and other blood fats. Indigestion or irregularity can be avoided by eating 25 grams of fiber per day from fruits, vegetables and whole grains, drinking 6 to 8 glasses of water per day and reducing stress through mild exercise or meditation.
7. **Do you get a minimum of 30 minutes of exercise three to five days a week?**
Getting exercise that stimulates your heart at least three to five times per week for a least 30 minutes will help keep your cardiovascular system healthy, help maintain a healthy body weight and can help reduce stress.
8. **Do you maintain a stable and appropriate weight?**
Maintaining a healthy and appropriate weight can be achieved with regular exercise and following a diet that is based on low-fat proteins, fruits, vegetables and controlled portions of whole grain foods. Many people go through cycles of weight gain followed by quick weight loss, which can lead to loss of lean tissue and reduced metabolic rate.

Body Mass Index

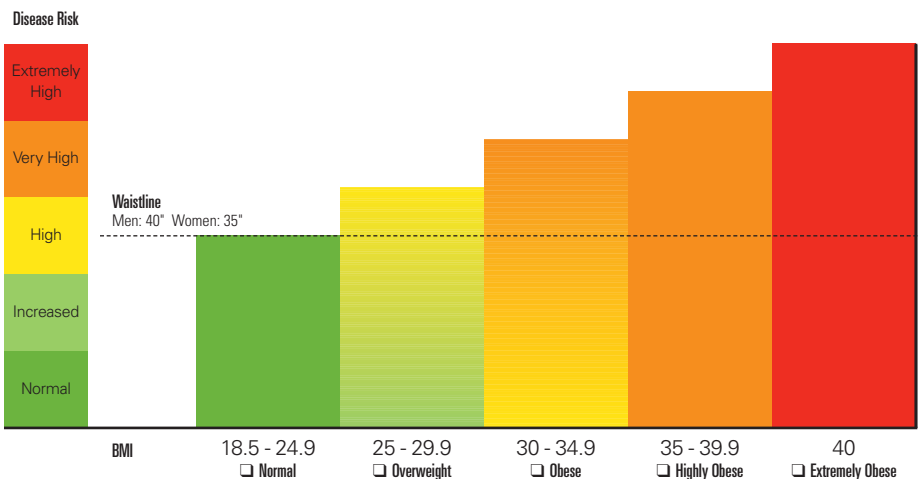
The Body Mass Index is a way to determine whether your weight is healthy or not. It is considered a more useful measurement than weight. In the U.S., a body mass over 25 is considered overweight and a body mass over 30 is considered obese.

$$\boxed{\text{Weight (lbs.)}} \times 703 = \boxed{} \quad (\text{A})$$

$$\boxed{\text{Height (ins.)}} \times \boxed{\text{Height (ins.)}} = \boxed{} \quad (\text{B})$$

$$\boxed{(\text{A})} \div \boxed{(\text{B})} = \boxed{} \quad \text{BMI}$$

- 9. Do you usually have time to prepare balanced meals, rather than take-out or eating on the run?**
 With our busy lives, it is tempting to pick up prepared foods or fast foods, and we often eat while we are doing other activities. There are many convenience items, such as prewashed salad greens, frozen vegetables, pre-cut fruits and quick-cooking poultry portions that make healthy meals quick to put together.
- 10. Do you stay away from soda and typical snack foods throughout the day and after dinner?**
 Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Try replacing these foods with healthier snacks, or enjoy a hot cup of tea to help you relieve stress.
- 11. Are you free of water retention and bloating?**
 Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance.
- 12. Do you have the energy and focus you need to meet your daily challenges?**
 We all want to perform at our best during the day. Regular exercise and stress management can help you sleep better and feel rested and energized for the day.
- 13. Do you drink at least eight glasses of water a day?**
 If you wait until you are thirsty before you drink water, you may already be slightly dehydrated. Your body requires water for many functions, and being well-hydrated helps keep your skin and other tissues healthy.
- 14. Are you getting your daily recommended allowance of Calcium?**
a. Men = 1,000mg b. Women under 50 = 1,200mg c. Women 50 and older = 1,500mg
 Calcium is important for bone health, and also helps to keep blood pressure in check. The best dietary sources are non-fat dairy products and calcium-fortified foods. Since most people don't eat enough servings of dairy products daily, a combination of foods and supplements is often needed.
- 15. Are your blood pressure, triglycerides and cholesterol in the normal range?**
 Elevated blood pressure, triglycerides and cholesterol can put you at risk for cardiovascular disease. Regular exercise and a low-fat diet rich in plant foods, fiber and healthy fats from fish can help control these factors.
- 16a. Men: Are you free from problems associated with your prostate such as slow urination or waking up at night to urinate?**
 Waking up to urinate is a symptom that indicates that prostate enlargement may be affecting the ability to completely empty the bladder at night. Slow urination or a weak stream is another indication that the prostate may be enlarged.
- 16b. Women: Are you free from problems associated with your menstrual cycle/menopause such as mood changes, hot flashes or problems sleeping?**
 Sleep disturbances and hot flashes are indications of the effects of hormone changes with menopause in women over 50 years of age. Menstrual cycle symptoms occur in the last 10 days of the month due to changes in hormone levels and include swelling, mood changes, and breast tenderness.



Personal Wellness Questionnaire

Name: _____ Date: _____ Birth Date: _____
 Address: _____ City, State, Zip: _____
 Phone: _____ E-mail: _____

What are your specific health and wellness goals?

Height: _____ Weight: _____ Age: _____ Body Fat %: _____ BMI: _____
 Lean Body Mass: _____ Targeted Weight: _____ Resting Metabolic Rate: _____
 Caloric Intake for Maintenance/Weight Loss: _____ Recommended Protein: _____

	(1 pt.)	(0 pt.)
1. Do you eat more meals with poultry, lean meat, fish and plant (soy) proteins rather than steaks, roasts and other red meats?	YES	NO
2. Do you eat a variety of colorful fruits and vegetables and do you eat at least seven servings a day of these?	YES	NO
3. Do you consume primarily whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?	YES	NO
4. Do you eat ocean-caught fish at least 3 times a week?	YES	NO
5. Do you avoid the intake of fried foods, dressings, sauces, gravies, butter and margarine?	YES	NO
6. Is your digestive system free of indigestion or irregularity?	YES	NO
7. Do you get a minimum of 30 minutes of exercise 3-5 days a week?	YES	NO
8. Do you maintain a stable and appropriate weight?	YES	NO
9. Do you usually have time to prepare balanced meals, rather than take out or eating on the run?	YES	NO
10. Do you stay away from soda and typical snack foods throughout the day and after dinner?	YES	NO
11. Are you free of water retention and bloating?	YES	NO
12. Do you have the energy and focus you need to meet your daily challenges?	YES	NO
13. Do you drink at least 8 glasses of water a day?	YES	NO
14. Are you getting your daily recommended allowance of Calcium? a. Men = 1,000mg b. Women under 50 = 1,200mg c. Women 50 and older = 1,500mg	YES	NO
15. Are your blood pressure, triglycerides and cholesterol in the normal range?	YES	NO
16a. Men: Are you free from problems associated with your prostate such as slow urination or waking up at night to urinate?	YES	NO
16b. Women: Are you free from problems associated with your menstrual cycle/menopause such as mood changes, hot flashes or problems sleeping?		
	Total:	_____

Wellness Evaluation Score



Evaluation of Service

I would appreciate you taking a moment to rate your evaluation.

(1=don't agree, 5=strongly agree)

The information provided was useful.

1 2 3 4 5

I feel more empowered to make healthier choices.

1 2 3 4 5

Please list the names and phone numbers of anyone you think would benefit from receiving a Free Personal Wellness Evaluation.

Name: _____ Relationship: _____

Phone: _____

Name: _____ Relationship: _____

Phone: _____

Name: _____ Relationship: _____

Phone: _____

Name: _____ Relationship: _____

Phone: _____

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Achieving Your Wellness Goals!

Now that you have completed your Personal Wellness Evaluation, you are closer to achieving your desired wellness goals. The key is putting what you learned into action and making steady progress.

Steps for Achieving Optimum Wellness:

- ❑ Define Your Wellness Goals.
- ❑ Have an evaluation of your personal wellness.
- ❑ Identify key areas you need to impact to reach your wellness goals.
- ❑ Get recommendations from your Personal Wellness Coach.
- ❑ Make a plan of action that you can commit to.
- ❑ Get the ongoing support you need to stay on your wellness track for a healthier future.



Your Personal Wellness Coach

Do you want to make healthy choices for yourself, but aren't sure where to begin?

Even when you commit to the right choice, you may need support following through and reaching your goals. That's where your Personal Wellness Coach comes in.

Work with your Personal Wellness Coach on maximizing the fundamentals of wellness

- Balance Your Diet
- Weight Management
- Regular Exercise
- Drinking Lots of Water
- Personal Nutrition



The goal of wellness is simple: to live healthier and feel better every day.

Your Personal Wellness Coach: