



Health, Fitness And Wellbeing Check-up

The **Health, Fitness and Wellbeing Check-up** designed to provide you with a good snap-shot of how your life is going particularly as it relates to

- the function of key body systems
- physical fitness
- your ability to handle both the internal and external stresses of life

The book contains a number of health and fitness profiles

- Health, Fitness and Wellbeing
- Metabolic Health
- Musculo-skeletal health
- Non-clinical psychological health

It's not a medical check up; it's not something you'll get in a surgery.

On the other hand it could be more valuable, because rarely will a medical practitioner measure

- how fit you are,
- whether your lifestyle is conducive to good metabolic, musculo-skeletal and psychological health and
- whether you're doing the things that fit and healthy people do to keep themselves in fit and healthy.

The approach taken has been underpinned by a number of principles:

- Most people suffer from lifestyle related and personally generated body system, dysfunctions, not diseases.
- Small problems are easier to fix than big problems.
- The body is an ecosystem and all its parts are intimately involved in determining your health status.
- Motion starvation and a dreadful diet are major causes of 80% of the body system dysfunction in the Western World. If everyone kept themselves fit and healthy thousands of billions of dollars would be saved in medical costs.
- The Lifestyle Prescription stands head and shoulders above all other prescriptions for keeping yourself fit and healthy.
- In our culture it's a big ask expecting to stay healthy without keeping yourself fit.
- It's an even bigger ask expecting your body to get better by having someone do something to you. Sooner or later you have to do something for yourself.
- Symptomatic junk medicine doesn't seem to be the best way of dealing with the everyday, lifestyle-related, personally induced body system dysfunctions that people experience year in, year out. For instance, just ask yourself what's the best way to prevent or treat high blood pressure, adult onset diabetes, headaches, insomnia, musculo-skeletal dysfunction, reflux, irritable bowel, anxiety ... ? It's not a tablet, a creme, a syrup or a suppository!
- You have chosen your current level of health and fitness. You can choose to be fitter and healthier.

Health, Fitness and Wellbeing Check-up

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i. HEALTH MANAGEMENT 101

Health is more than the absence of disease.

If you want to be fit and healthy, do what fit and healthy people do! Most of us have an 80% chance of the major systems of the body becoming dysfunctional, unless we do the things we need to do to keep ourselves fit and healthy. And for 80% of people there's an 80% chance they can get themselves back to 80% of good nick if they're diligent.

The things that are needed to be done vary from individual to individual, but basically it boils down to keeping fit, eating wisely, managing the stress of your life and your work and meditating. Couple that with doing the job you'd love to do so much you'd do it for nothing and living the life you'd like to live so passionately and you're on the way to good health.

On an optimistic note, I believe that 80% of us have the ability to fix up 80% of our body system dysfunctions to at least 80% of normal function, providing we consistently work at it.

People who feel good about themselves are well adjusted to dealing with their internal and external environments. They take charge of situations instead of letting situations take charge of them. They deal with the stresses of life rather than being overtaken by them. They take responsibility for themselves rather than blaming other people. Importantly they have an ability to give back to their Self and take time out to do the things that give balance to their life. They set aside time to do the things they need to do to stay fit and healthy.

People who are physically fit are less likely to become depressed. They are more likely to have strong immune systems and to have autonomic nervous systems that successfully manage key physiological responses. They are healthy; they are happy; they have normal blood pressure; they sleep like logs, are about their ideal weight, rarely, if ever, get a headache and don't have a crook back or a crook guts.

Regrettably, it's becoming harder and harder to find such a person, particularly one over 50. In a very short space of time, the nation that started off 'hard and tough and wiry' like the mountain pony belonging to the Man from Snowy River has become fat, weak and depressed.

In the last 30 years of the 20th Century, the Western World became a society characterized by an epidemic of affluenza, an inability of people to live in balanced harmony with an affluent environment.

[Scheissenhausen's Disease](#) has also reached epidemic proportions.

Although Scheissenhausen's Disease develops differently for every individual, there are many common symptoms. You're tired all the time. You're over weight, in fact your trousers are so tight they're ring-barking you. You get a thumping headache after lunch that goes away after a double shot coffee. You've got a crook guts, insomnia, brain fog, reflux, constipation, piles, sore muscles, joint pain and the deadly metabolic trio, high blood pressure, high cholesterol level and high blood sugar.

You drink too much alcohol, coffee and cola. You exist on a diet of fat, flour, sugar and deep fried potato.

There is a high likelihood you're in the wrong job or under-appreciated at work. Similarly there is a high likelihood you're in the wrong relationship or under-appreciated at home. Furthermore there is a high likelihood you don't even like yourself.

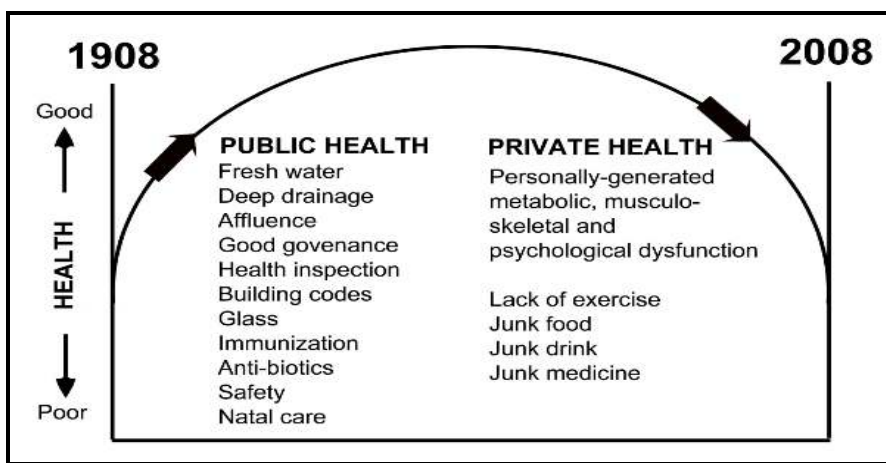
Don't ask what your doctor can do for you, ask what you can do for yourself.

ii. DECLINING HEALTH STATUS

It is a fact that the health status of people living in the Western World is declining - the increase in medical expenditure confirms this. It's obvious; if people were becoming healthier, medical bills would be coming down. After the Second World War the health of people in these countries improved dramatically, for the reasons outlined in the diagram below. The improvements were led by good public health outcomes.

In the 1950's most people in the Western World were in reasonable health due to these public health measures. They walked a more - because they didn't have a car. Many grew their own vegetables. There were a few mitigating factors. More than 50% of men smoked. A high proportion suffered from the post traumatic stress of war which was self-medicated in hotels.

From then on though the health of the country started declining, particularly as people stripped physical activity out of their lives and subsisted on a diet high in flour and sugar. But whereas much of the improvement in health was driven by good public health practice, the decline was stimulated by poor private health practice.



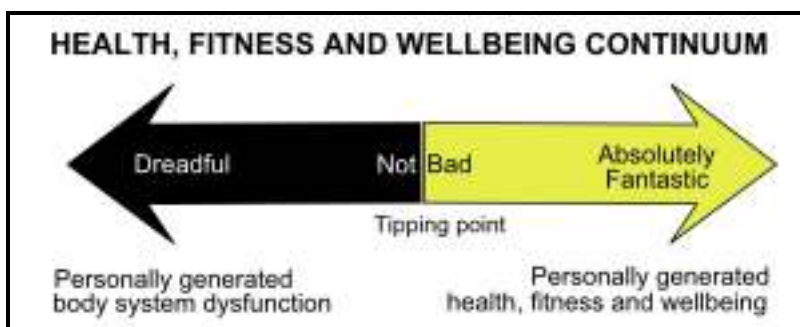
Nowadays, of course, not only do people want the Government to continue to invest in the public health infrastructure, they also want it to pay to patch up their personally-generated dysfunctions.

The level of poor health has reached epidemic proportions. Government subsidy of medical treatments for these personally-generated dysfunctions, coupled with massive protection of the medical and pharmaceutical industries is threatening to bankrupt the country. This subsidization and protection, coupled with the merging of the welfare and health systems has fuelled the growth of poor health, not good.

Workplaces are being affected by this trend. At the same time as they have become safer, they've also become unhealthier. Poor health is now the most prominent driver of OH&S costs.

HIGH LEVEL WELLNESS

If you ask someone 'How are you going?' you'll often get the response, 'Not bad.' Can you think of two more negative words to string together to describe how you are than 'not' and 'bad'? 'Not bad' falls midway between feeling absolutely fantastic and feeling dreadful. It's not a state of high level wellness.



You can make a choice about where you want to live on the Health, Fitness and Wellbeing continuum.

iii. BODY SYSTEM DYSFUNCTION

There is an epidemic of personally-generated body system dysfunctions. When we talk about 'poor health', it becomes easier to grasp the concept when we define it as 'body system dysfunction'. Most of the diseases that plagued the country 100 years ago have disappeared. The current illhealth epidemic relates to life-style induced dysfunctions. It's a private health issue, not a public health issue.

These dysfunctions are driven principally by

- a sedentary way of life
- inappropriate food choices
- an inability to cope with the normal stresses of life (and work), and
- a toxic environment

The good news about this is that if personal lifestyle choice is the major cause of the problem, then personal lifestyle choice can be the major driver in the solution.

There are three principal categories of dysfunction,

- metabolic
- musculo-skeletal
- psychological.

These dysfunctions are recognised by their symptoms

SYMPTOMS OF PERSONALLY GENERATED BODY SYSTEM DYSFUNCTIONS		
Metabolic	Musculo-skeletal	Psychological
<ul style="list-style-type: none"> • aerobically unfit • over-weight • high blood pressure • depression • sleeplessness • snoring • sleep apnoea • headache • tired, lacking energy • low libido • diabetes • elevated blood fats • elevated cholesterol • cardiac insufficiency • irritable bowel • cancer • ... 	<ul style="list-style-type: none"> • musculo-skeletal pain • bones out of alignment • arthritis - bone inflammation • lack of strength • lack of flexibility • lack of mobility • torn ligaments • torn tendons • torn muscles • bulging discs • sciatica • ... 	<ul style="list-style-type: none"> • stress • anxiety • irritability • difficulty coping • grief • sadness • vacuity • depression • ...

It's a big ask expecting to stay healthy without keeping yourself fit.

iv. JUNK MEDICINE v THE LIFESTYLE PRESCRIPTION

For many of the common lifestyle related and personally induced body system dysfunctions the prescription from a surgery has become a drug which masks symptoms and does not restore poor function to good. For instance we now subsidize the purchase of drugs for high blood pressure, when the elevation of the blood pressure in the first place was due to poor lifestyle choices and not a lack of ACE inhibitor or diuretic.

Similarly with most of the common dysfunctions: depression is not due to a lack of Zoloft, headaches are not due to a lack of Panadol, reflux is not due to a lack of Mylantin, constipation is not due to a lack of Zelnorm, diabetes is not due to a lack of Diabex, eczema is not due to a lack of Advantan, high cholesterol is certainly not due to a lack of Lipitor, arthritis is not due to a lack of Celebrex, attention deficit is not due to a lack of Ritalin any more than piles a lack of Anusol.

OPEN THE DOORS OF PERCEPTION

William Blake said, 'If the doors of perception were cleansed everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.'

The closing of the doors of perception about what we need to do to keep ourselves fit and healthy has perverted the course of modern medicine. We're in the junk medical era. Tried and true remedies that are as old as antiquity have been cast off like dirty shirts and replaced with treatments that are much less effective. The simple has become complicated, the cheap has become expensive, the transparent has become opaque and the obvious has become obscure.

As professional healers we have a tendency to get locked into narrowly defined positions, first by our specialist education and then our professional associations. It is for this reason that a significant proportion of therapists will give you a narrow interpretation of what's caused your dysfunction and a narrow range of treatments to fix it up.



Open the doors of perception about what you can do to improve your health.

Experience suggests that if you've lost function in one or more body systems, there's a good chance that you'll be able to restore it by adopting a lifestyle that restores good function to all body systems.

Listen to and read about what other people did to keep themselves fit healthy and to restore themselves to good health. If a lifestyle change or a particular therapeutic approach worked for them, maybe it will work for you too.

In this respect the internet provides a marvellous resource, providing you can get past the selective-evidence, uni-modal and pharmaceutically based sites.

The body possesses wonderful recuperative powers. Who can really say they know everything about all the things that may stimulate those powers? The history of the world is still short!

At the left hand end of the spectrum on page 7 are the things we can do for ourselves to improve our health. Manlius said *'Those who follow the part of themselves which is great will become great men. Those who follow the part of themselves which is small will become small men.'* We have a choice, to put up with our dysfunctions or fix them up.

The health and fitness profiles in this book will provide clues as to how healthy you are.

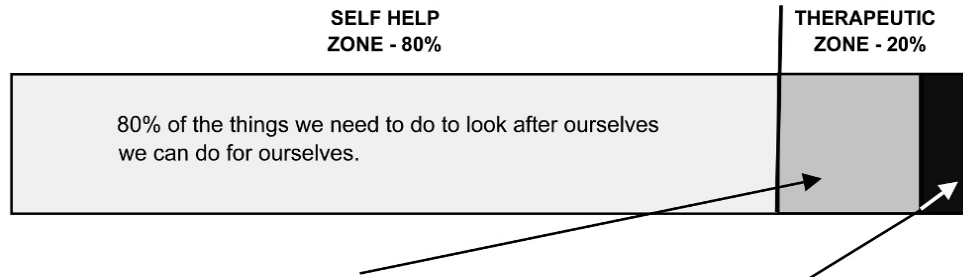
DON'T ASK WHAT YOUR DOCTOR CAN DO FOR YOU

Unless you've got a serious medical complaint, the most cost effective and usually most successful treatments designed to restore poor body system function to good involve things you can do for yourself. The least effective are those that rely on other people prescribing products and services, which mask symptoms without effecting a cure.

vi. HEALTH AND THE SPECTRUM OF PERCEPTION

One of the great tragedies of modern medicine is the closing of the doors of perception about

- a. what we need to do to keep ourselves fit and healthy and
- b. what we can do to restore poor health back to good health.



THERAPEUTIC ASSISTANCE ZONE

- Based on experience and feeling
- Leads to the restoration of good health
- Designed to stimulate the body's own recuperative powers
- Includes a host of therapeutic modalities, from a range of traditions, both ancient and modern
- Inclusive
- Aimed at the body's thinking, moving and emotional centres
- Is educational in nature
- Inducing different responses in different people based on their perception
- High cost compared with doing things for yourself, but worthwhile if poor function is restored to good and you learn something from the experience.

THERAPEUTIC DEPENDENCE ZONE

- Selective evidence-based therapy
- Symptom masking
- Pharmaceutical based
- Dependence generating
- Condition worsening
- Isolationist diagnostic process
- Mono-modal
- Perception narrowing
- High cost now
- Higher cost in the future
- Low return on investment
- Blank Cheque
- Welfare-based
- Industry protected
- Junk medicine

ZONE OF SELF HELP – minimal cost, high investment

80% of the things you need to do to keep yourself fit and healthy you can do for yourself. It's not just the minimal cost zone, it's the personal investment zone.

ZONE OF THERAPEUTIC INTERVENTION – high cost

20% of the things you need to do to fix common body system dysfunctions are things other people can do for you.

Of this 20%, 80% can be broken into two parts – firstly treatments that actually do fix problems. There are such treatments around, though not many of them. Secondly is the advice some therapists will give you about the things *you* need to do to restore good function to good.

The final 20% are the therapies where someone does something to you – in particular giving you a pill instead of a lifestyle prescription. Poor function is not restored to good – the condition worsens. These therapies will lead to dependence on treatments that mask symptoms, contribute to a declining level of function and fail to stimulate the body's own recuperative power.

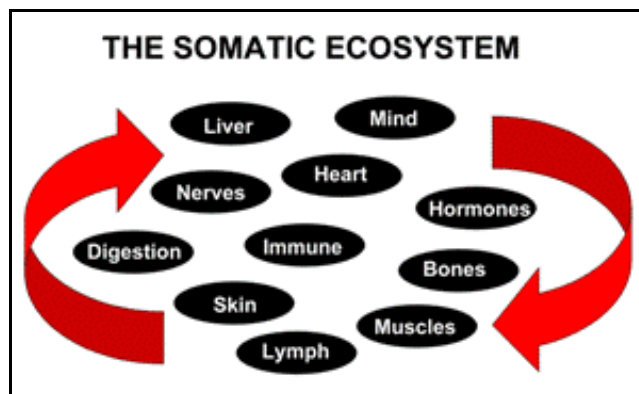
There is no doubt that by working *on* yourself *and* using *some* of the therapeutic modalities you can dramatically speed up the rehab process.

In a nutshell, it's a big ask expecting to stay healthy without keeping yourself fit. It's an even bigger ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.

vii. THE BODY AS AN ECOSYSTEM

Soma - the body

The body is an ecosystem and the major body systems within it are intimately related. If we knew more about Chinese and other traditional forms of medicine we would be better able to recognise these inter-relationships.



The most commonly recognised relationship is that between the mind and the rest of the body. It's known as the **psychosomatic** relationship.

The mind plays games. Whilst you might think you're OK, the rest of the body may be telling a different story - headaches, insomnia, over weight, itchy, high cholesterol, high blood pressure ... certainly not the symptoms of an ecosystem in exceptionally good condition.

Similar relationships occur between other body systems and the rest of the body - gut-somatic, cardio-somatic and liver-somatic along with psychosomatic being the big ones.

It's interesting that in my studies musculo-skeletal dysfunction is highly and positively correlated with feeling miserable.

MILLER'S LAW

Individual body systems are more likely to work well when the whole somatic ecosystem is working well. People who are physically fit are less likely to become depressed. They are also more likely to have a strong immune system and an autonomic nervous system that is balanced and healthy in its management of key physiological responses. They have normal blood pressure, they sleep like logs, are about their ideal weight, don't have joint and muscle pain and rarely, if ever, get a headache.

Corollary

If something's wrong with one part of your body you can bet that there are things wrong with other parts as well - more than likely it's a sign that the *system* is breaking down and not just one part.

For instance being over weight or lacking aerobic fitness are two of the first signs of general metabolic dysfunction - as are high blood pressure, headaches and all the other stuff. The medical industry will, likely as not, only measure your blood pressure. Rarely, if ever, will they measure your aerobic fitness your strength or flexibility.

Also you need to consider the fact that what you think is a problem in one body system may well be a symptom of a problem somewhere else.

This is why taking a pill to mask a symptom is not the smartest thing to do. The cause of the problem is usually not at the site where the problem is manifest.

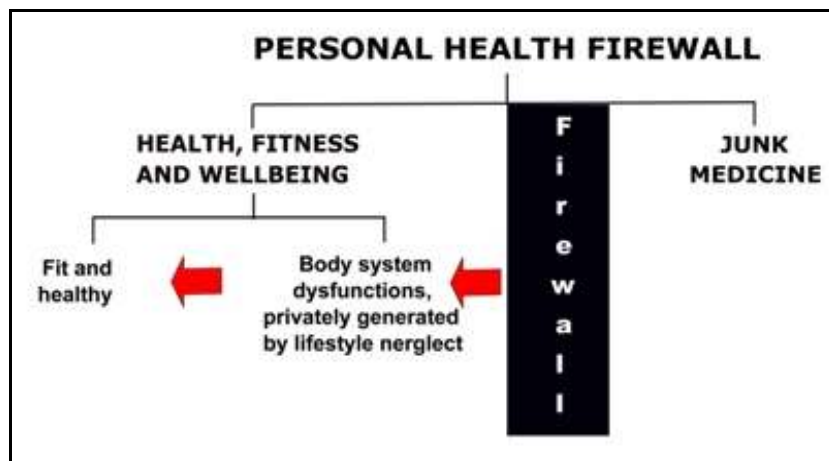
THE PERSONAL HEALTH FIREWALL

It seems to be in the natural order of things that body systems gradually run down, particularly if we don't make a special effort to keep ourselves in good shape. On a simple level we know that when we don't train our performance decreases. The same thing is going on in most other body systems - usually so slowly that we don't recognise the decline from good health to poor health.

On the other hand, once dysfunction sets in you may be able to recognise the signs, things like headaches, elevated blood pressure, lack of energy, insomnia ... If you're astute you'll not only recognise these signs but you'll galvanise yourself back into action and begin the process of restoring the poor health of the somatic ecosystem back to good.

When you do that you're putting up a firewall between your personal health regime and that of the medical industry. Once you get into the medical loop, where symptoms are masked by junk pharmaceuticals you're likely to be lulled into the false sense of security that you are better; – the urgency, the imperative that you begin the process of becoming fitter is lost.

You stand a better chance of keeping yourself out of the clutches of the junk medical and pharmaceutical industries by keeping yourself on the health, fitness and wellbeing side of the personal health firewall.



Most of the body system dysfunctions caused by lifestyle neglect can be restored to good function by getting fit, eating wisely and following the rest of the seven habits of fit and healthy people.

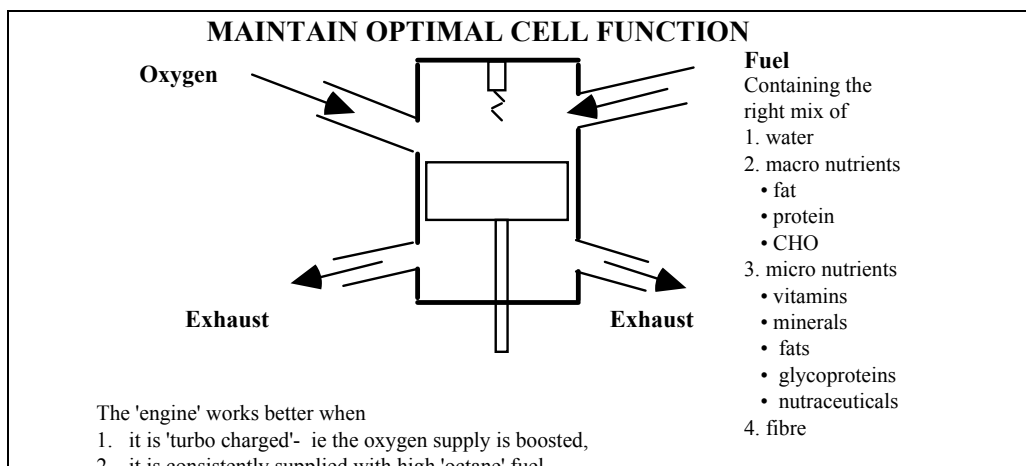
THE CELLULAR ENGINE

To function well, the individual cells of the body need a good oxygen supply; good fuel and a good exhaust system.

The oxygen is supplied by aerobic activity, the fuel by the Hourglass Diet.

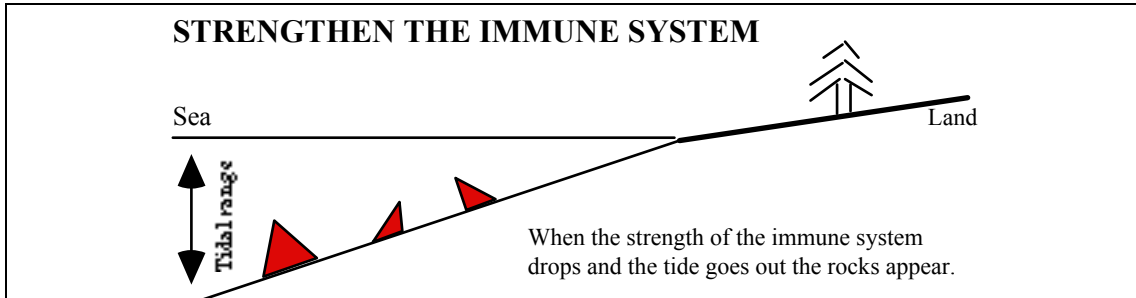
An exhaust system that works well involves a well-functioning lymphatic system, circulation system, liver, kidneys, bowel, sweat glands and lungs. The efficient functioning of this system is linked with aerobic physical activity.

If the exhaust system doesn't work well your body cannot get rid of the waste products of your own metabolism or the waste products of a toxic environment. It becomes a toxic waste dump. You feel dreadful.



DECLINING IMMUNE SYSTEM STRENGTH

Immune systems are getting weaker. Just as when the tide goes out we see the rocks on the seabed, so when the immune system becomes weaker we see the evidence of body system dysfunction.



We can explain what's going on using the law of too much and too little.

TOO MUCH					TOO LITTLE		
Toxic Environment	Pathogens	Eat too much of	Do too much of	Think too much of	Do too little of	Eat too little of	Think too little of
Petrol fumes Herbicides Drugs Chemical degreasers ...	Viruses Fungi	Foods which are toxic and to which we are allergic. High energy food.	Sit on our backsides	Negative thoughts	Vigorous physical activity	Food containing essential nutrients	Positive thoughts

Those who do not find time for exercise will have to find time for illness.
Earl of Derby

Profiles of Health Fitness and Wellbeing

You, the individual, can do more for your own health and well-being than any doctor, any hospital, any drug, any exotic medical advice. US Surgeon General 1979

HEALTH, FITNESS AND WELLBEING PROFILE

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realise how stressed you are until you complete this questionnaire but your body does. The body is incapable of dishonesty!

Circle the number appropriate to the degree to which you experience the symptoms on the left hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

	None	Not much				A fair bit				A lot	
	0	1	2	3	4	5	6	7	8	9	10
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack of energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida - jock itch, thrush, tinea, furry tongue	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep. (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring and/or sleep apnoea (Use gas mask, score 10)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal dysfunction: joint and muscle pain	0	1	2	3	4	5	6	7	8	9	10
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10
8. Unsettled stomach, reflux. (If on medication score 10)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight - 1 point for every 2Kg overweight	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, diarrhoea, piles ...	0	1	2	3	4	5	6	7	8	9	10
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10
12. Low level of fitness*	0	1	2	3	4	5	6	7	8	9	10
13. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10
14. Rashes, zits, skin outbreaks, psoriasis, itchy skin	0	1	2	3	4	5	6	7	8	9	10
15. Mouth ulcers, cold sores ...	0	1	2	3	4	5	6	7	8	9	10
16. Elevated blood pressure (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood cholesterol (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated blood glucose (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
19. Shakes, nervous tics and mannerisms	0	1	2	3	4	5	6	7	8	9	10
20. Grinding teeth	0	1	2	3	4	5	6	7	8	9	10
21. Drinking too much alcohol (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking too many cigarettes (1 point per cigarette per day)	0	1	2	3	4	5	6	7	8	9	10
23. Drinking too much caffeine (1 point per cup per day)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about the future	0	1	2	3	4	5	6	7	8	9	10
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10
29. Are you unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Are you unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

The score of a normal, fit and healthy human being is less than

TOTAL

* Make an estimate of your level of fitness. You can confirm your estimate by measuring your fitness using the 5 minute 20 metre run.
Men, if you get less than 22 laps score 10. 28 laps scores 5. More than 40 laps scores 0.
Women, if you get less than 22 laps score 10. 28 laps scores 5. More than 40 laps scores 0.

METABOLIC HEALTH PROFILE

This profile measures symptoms of metabolic dysfunction. **Record your scores** in the boxes on the right hand side of the page.

1. **Carbohydrate intake.** Do you persistently stuff yourself with the **garbohydrates** (yep, that's a 'g' not a 'c') – flour, sugar, flour and sugar, flour, sugar and fat - potato saturated in fat

Yes										No
1	2	3	4	5	6	7	8	9	10	

2. **Body composition.** Are you close to your **ideal weight**? Scores based percent body fat body

	No									Yes	
M	>40	<40	<36	<33	<30	<28	<26	<24	<22	<20	<18
W	>50	<50	<46	<43	<40	<38	<36	<34	<32	<30	<28
Kilos	>20	20	18	16	14	12	10	8	6	4	<4
	0	1	2	3	4	5	6	7	8	9	10

Current weight Ideal weight A reasonable % body fat for men is less than 22 and for women less than 32.

3. **Aerobic fitness** 5 minute, 20m lap run. Laps

	Poor									Good	
M	<22	22	24	26	28	30	32	34	36	38	>40
W	<18	18	20	22	24	26	28	30	32	34	>36
	0	1	2	3	4	5	6	7	8	9	10

4. **Aerobic training sessions** per week - of at least 30 minutes with heart rate over 120.

	<2	2	3	4	5			
	0	4	5	6	7	8	9	10

5. **Blood Glucose level** - mmol/l Score 0 if on medication.

	Poor									Good	
	>9.0	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	<6.0	<5.5	<5.0	<4.5
	0	1	2	3	4	5	6	7	8	9	10

6. **Total blood cholesterol level** (Unfasted) - mmol/l Score 0 if on medication

	Poor									Good	
	>8.5	<8.5	<8.0	<7.5	<7.0	<6.5	<6.0	<5.5	<5.0	<4.5	<4
	0	1	2	3	4	5	6	7	8	9	10

7. **Blood pressure - systolic**/ (The higher figure.)

Normal is 120 for men and 110 - 120 for women. Score 0 if on medication.

	Poor									Good
	>160	<160	<155	<150	<145	<140	<135	<130	<125	
	0	3	4	5	6	7	8	9	10	

8. **Blood pressure - diastolic**/ (The lower figure.)

Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

	Poor									Good
	>105	<105	<100	<95	<90	<88	<86	84	82	<80
	0	2	3	4	5	6	7	8	9	10

9. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

NO

YES

10. What was your score on the **Health, Fitness and Wellbeing profile** on page 12?

	High									Low	
	>120	120	100	80	70	60	50	40	30	20	<20
	0	1	2	3	4	5	6	7	8	9	10

A score below 70 is an indication of risk of cardiac malfunction.

TOTAL

Your metabolic health risk is assessed as

Low over 70

Medium - between 50 and 70

High - less than 50 Any score below 7 can be regarded as a 'strike' against you.

Your metabolic health risk can be dramatically lowered with regular, vigorous physical activity, eating from the top of the Hourglass and meditation. If you are at high risk we suggest you pay a visit to your fitness practitioner, naturopath or physician. Of course an estimate of low risk may not mean you are immune from metabolic dysfunction!

MUSCULO-SKELETAL HEALTH PROFILE

Warning: If you don't think you should do any of these exercises, don't do them. If it hurts while you are doing any of the exercises stop doing them immediately. **Record your scores** in the boxes on the right hand side of the page.

1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

Dreadful										Fantastic
0	1	2	3	4	5	6	7	8	9	10

Score

2. Body composition. Are you close to your **ideal weight**? Scores based percent body fat body

	No					Yes					
M	>40	<40	<36	<33	<30	<28	<26	<24	<22	<20	<18
W	>50	<50	<46	<43	<40	<38	<36	<34	<32	<30	<28
Kilos	>20	20	18	16	14	12	10	8	6	4	<4
	0	1	2	3	4	5	6	7	8	9	10

Current weight Ideal weight A reasonable % body fat for men is less than 22 and for women less than 32.

3. Lower body strength - squat

How many full squats can you do in 60 seconds? Bottom must get at least half way between your knees and your heels, Use a heel raise if you need to.

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

.....

4. Abdominal strength - sit-ups with feet held in 60 seconds

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

.....

5. Upper body strength - press-ups in 60 seconds, Men on toes, women on front of thighs with knees, bottom and shoulders in a straight line.

>5	5	8	10	13	15	18	20	23	25	30
0	1	2	3	4	5	6	7	8	9	10

.....

6. Sit and Reach – hamstring flexibility

Sitting on the floor, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

7. Ability to sit up straight with legs crossed – buttock flexibility

With legs crossed and hands clasped behind your back, see if you can sit up straight. Just being able to sit up with hands clasped scores 7/10. Sitting up exceptionally straight with a hollow in your lower back scores 10/10. Falling backwards on one or both sides scores 0.

Fall over with hands clasped behind back	Just			Easy
0	7	8	9	10

8. Super hamstring, but and back stretch

Can you grab the toe of a straight right leg with the hand of your left arm, with your right shoulder on the floor – and vice versa? Score for the worst side.

	Sock			Laces			Toe
0	4	5	6	7	8	9	10

9. Heels over head

Lying on your back, can you take your feet over your head so your toes hit the floor?

	30cms	25cms	20cms	15cms	10cms	5cms	Yes
0	4	5	6	7	8	9	10

10. Shoulder function - wall test

Stand with you back to the wall. Place your hands in the surrender position with the Back of your forearms, wrists and hands flat back on the wall. Score 10 if you can do it with ease. 7/10 is just getting the 'flat' position. Score lower if you can't do it at all.

0	1	2	3	4	5	6	7	8	9	10

Anyone scoring less than 50 either has, or is at grave risk of musculo-skeletal pain.

TOTAL

(non clinical) PSYCHOLOGICAL DYSFUNCTION PROFILE

This profile is based on the habits of unstressed people.

1. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log and wake up refreshed in the morning?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

2. What was the longest number of **consecutive days holiday** you had away from Home the last 12 months?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

3. Are you keeping yourself **fit and healthy** to the best of your ability?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

4. What is the average number of **hours you work** each week - if you have young Children you can include work-work and domestic work?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

5. Are you good at **giving back to your Self**? Are you giving your *Self* time for doing Things you really like doing - reading, exercise, sport, holidays, meditation, fun pampering, music, movies, dancing, partying, romance, visiting friends, relatives ...

No										Yes
0	1	2	3	4	5	6	7	8	9	10

6. Are you happy with your **family (and romantic) life**?

Not at all										Very
0	1	2	3	4	5	6	7	8	9	10

7. **Are you in the right job for now?** Do you enjoy your work?

No										Absolutely
0	1	2	3	4	5	6	7	8	9	10

8. **How stressful do you find your job.** Is it giving you life or sucking life out of you?

Sucking										Giving
0	1	2	3	4	5	6	7	8	9	10

9. Do you feel that you and your work are **valued and appreciated**?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your **financial status**?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

To better manage your stress, do the things that unstressed people do!

TOTAL

PERSONAL HEALTH, FITNESS AND WELLBEING AWARD

This composite profile aims to provide an estimate of your health, fitness and wellbeing. High score = low risk. Three stars or better on the **Personal Health and Fitness Award** at the bottom of the page is a good score.

	Point score
Metabolic health	
Musculo-skeletal health	
Psychological health	
TOTAL OUT OF 300	
TOTAL OUT OF 100	

PERSONAL HEALTH, FITNESS AND WELLBEING AWARD

<50	No award	<input type="checkbox"/>	
50+	*	<input type="checkbox"/>	
60+	**	<input type="checkbox"/>
70+	***	<input type="checkbox"/>	Health Advisor
80+	****	<input type="checkbox"/>	
90+	*****	<input type="checkbox"/>/...../.....

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All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.
Arthur Schopenhauer

GUNNADO

What are you gunnado to live the fit, healthy, rich and fulfilling life -

FITNESS	DIET
SELF	FAMILY
FRIENDS	CAREER
FINANCES	OTHER

Confucius say,
Choose a job you love and you'll never have to work a day in your life.

THE LAW OF TOO MUCH AND TOO LITTLE

WHAT DO I DO TOO MUCH OF?	WHAT DO I DO TOO LITTLE OF?
WHAT DO I EAT TOO MUCH OF?	WHAT DO I EAT TOO LITTLE OF?
WHAT DO I DRINK TOO MUCH OF?	WHAT DO I DRINK TOO LITTLE OF?
WHAT DO I THINK TOO MUCH OF?	WHAT DO I THINK TOO LITTLE OF?

Achieving life is not the equivalent of avoiding death.
Ayn Rand