

	I am Healthy Testing Procedures	
I am Healthy Modules	Test	The Simple Why?
Waist circumference	If you have a desirable waist measure place a check (X) in the checkbox. Acceptable values are less than 40 and 35" for men and women and less than 35 and 31.5" for Asian men and women, respectively.	A smaller waist has been proven to be an indicator of good health. We will give you your own tape measure. When measuring stand and place a tape measure around your middle, across your navel at the maximal protrusion. Make sure tape is horizontal around the waist. Keep the tape snug around the waist, but not compressing the skin. Measure your waist just after you breathe out. Do not suck in.
Blood Pressure	Do you have blood pressure that is below 130 systolic and 90 diastolic (even through medication)? If you do place a check (X) in the checkbox. If >59 years old below 150 systolic and 90 diastolic is acceptable.	Normal blood pressure is less than 120 over 80 (120/80). People whose blood pressure is above the normal range should ask their doctor how to lower it.
Heart Rate	Do you have resting heart rate of 70 or below after a restful period (night sleep) (even through medication)? If you do place a check (X) in the checkbox. If >59 years old a rate of 75 or below is acceptable.	Generally, a lower resting heart rate indicates a higher level of cardiovascular fitness. Harvard Health suggests if your resting heart rate is consistently above 80 beats per minute, you might want to talk to your doctor about how your heart rate and other personal factors influence your risk for cardiovascular disease.
Lipids (LDLs, HDLs, and Triglycerides)	Do you have desirable lipid levels (even through medication)? If you do place a check (X) in the checkbox. If you do not know your numbers then see Health Services.	High levels of LDL cholesterol raise your risk for heart disease and stroke. High levels of HDL (high-density lipoprotein or "good" cholesterol) can lower your risk for heart disease and stroke. Extremely high triglycerides can also cause acute inflammation of the pancreas (pancreatitis). High triglycerides can also be a sign of Metabolic syndrome is a condition when high blood pressure, obesity and high blood sugar occur together, increasing your risk of heart disease.
Blood Sugar (A1C)	Do you have desirable A1C or sugar value (even through medication)? If you do place a check (X) in the checkbox. If you do not know your numbers then see Health Services.	Checking your blood sugar, also called blood glucose, is an important part of diabetes prevention
Glasses of Water Consumed	Do you drink enough water? If you do place a check (X) in the checkbox. There is a wide discrepancy with recommended amounts of water but most recommendations point to greater than six, 8 ounce servings a day as an acceptable amount. Soda and juice are not desirable and does not count as water.	Staying hydrated is essential for our overall health and wellness, especially for your heart and kidneys. Drinking water does more than just quench your thirst — it's essential to keeping your body functioning properly and feeling healthy.
Vegetables and Fruits Eaten	Do you eat enough fruit and vegetables? If you do place a check (X) in the checkbox. An acceptable amount of fruits and vegetables is several servings a day. The current Dietary Guidelines for Americans recommend filling half your plate with fruits and vegetables at most meals.	A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.
Fats Eaten	Do you eat mostly healthy fats while eating very little unhealthy fats? If you do place a check (X) in the checkbox. An acceptable fat intake is one that follows the 2015-2020 Dietary Guidelines for Americans (DGA). The DGA recommends: Avoid trans fat and hydrogenated fats completely. Limit saturated fat to less than 6-10 percent of calories a day. Replace saturated fat with healthier monounsaturated and polyunsaturated fats. These guidelines do not have an upper limit of how much healthy fats that you can eat, but you should get a least 20% of your calories from healthy fats.	Dietary fats are essential to give your body energy and to support cell growth. They protect your organs, keep your body warm, help your body absorb some nutrients, and produce important hormones, too. Your body definitely needs fat, but they should mostly come from healthy sources like oils and nuts.
Sugars Eaten	Do you try to limit your sugar intake? If you do place a check (X) in the checkbox. The American Heart Association recommends men limit added sugar to 36 g, or 9 tsp. or 150 calories, per day, while women should limit added sugar to 24 g, or 6 tsp. or 100 calories, per day. This equates to 1-2 desserts per week.	Many experts believe that sugar consumption is a major cause of obesity and many chronic diseases, such as type 2 diabetes
Whole Grains Eaten	Do you try to make half of your grains whole? If you do place a check (X) in the checkbox.	According to many sources whole grains are packed with nutrients including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.
Red and Processed Meats eaten	Do you severely limit your weekly red and processed meat intake? Do you try to mostly have lean forms of protein? If you do place a check (X) in the checkbox.	Accumulated body of evidence shows a clear link between high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes, and premature death. Legumes, nuts, fish, shellfish, low fat dairy products (not including those with added sugar), eggs one a day can be part of a healthy diet, and poultry, and lean read meat on occasion - the 2015-2020 federal dietary guidelines advise limiting red and processed meat, noting that a plant-based diet is "more health-promoting" according to Harvard Health.
Ultra processed and fast foods eaten	Do you try to limit your weekly intake of processed and fast food to just a couple times? If you do place a check (X) in the checkbox.	Processed foods and many fast foods are suggested to be a contributor to the obesity epidemic and rising prevalence of chronic diseases like heart disease and diabetes.
Portions	Do you try to have reasonable portions? If you do place a check (X) in the checkbox.	According to Eat Smart portion control so important? Whether you want to lose a few pounds or just maintain a healthy weight, eating proper portions is as important as eating the right foods. A portion is the total amount of food that you eat in one setting. A serving size is the recommended amount of one particular food. Most sources support the claim that we will almost always eat more if we are offered larger portions. Portion control is important because it allows for you to have a tight handle on how many calories you are presumably taking in. This means eating what your body needs instead of mindlessly overindulging
Healthy Plate	Do you try to have reasonable portions using the Healthy Plate Concept? If you do place a check (X) in the checkbox.	The Harvard Healthy Eating Plate shows consumers a generally healthy way to assemble a meal: <ul style="list-style-type: none"> • get plenty of produce • choose whole grains • choose healthy sources of protein • use healthy oils • drink water or other beverages that don't contain sugar. It also suggests limiting consumption of refined grains, potatoes, sweets, sugary beverages, red meat, processed meats, and going easy on milk and juice.
Alcoholic Drinks Consumed	Do you drink alcoholic drinks moderately or not at all? If you do place a check (X) in the checkbox.	Alcohol is a tricky health topic. If you do drink, drink responsibly. That means up to one drink a day for women and up to two drinks a day for men. New guidelines from the DGA suggest only 1 for men (DGA-Dietary Guidelines for Americans 2020-2025).
Time spent moving	Studies have shown you should try to get 150 minutes of exercise, like walking and gardening, weekly. If you do place a check (X) in the checkbox. If you are medically cleared to exercise it is a good idea to get out of breathe just for a few moments a couple times a week when you exercise.	Studies have found a link between exercising at least 30 minutes per day with a reduction in the risk of early death.
Ability to walk a mile	Can you walk a brisk mile in 17 minutes or faster (> 3.4 mph)? If you can place a check (X) in the checkbox. If >59 years old >3.1 mph is acceptable.	A healthy person should be able to walk a brisk mile.
Ability to climb 4 flights of stair	Can you climb up four floors without stopping. If you can place a check (X) in the checkbox. If >59 years old 3 floors is acceptable.	Performance on a stair climbing test predicts the risk of death from cardiovascular disease, cancer, and other causes. Stair climbing can be a great form of vigorous exercise.
Ability to get up from the ground	Can you get off the floor somewhat easily. If so place a check (X) in the box. One study suggest a desirable level is where you can sit onto the floor from a standing position with no more than one point of contact such as using your hands, knee, or arm to help you. Then stand back up without using no more than one point of contact to help yourself back up. Did you meet or surpass the desirable level? If you are older than 59 allow two points of contact. If you are older than 69 allow three points of contact.	The ability to get up from the ground and essential to accomplish many physical acts and is essential if you have a fall. If you can't do it, your health and longevity may be at risk.
Ability to get up from a chair	How many squats can you accomplish onto a standard chair in 30 seconds with good form? Men > 19 and women > 17 in 30 seconds is a desirable level. Did you meet or surpass the desirable level? If so place a check (X) in the box. If >59 years old >15 is acceptable.	Adequate leg power is required for many activities of daily living.
Arm and Grip Strength	How many arm curls can you do in 30 seconds? A male should be able to do >22 reps with a 8 pound weight, while a female should be able to do 19 with a five pound weight. Did you meet or surpass the desirable level? If so place a check (X) in the box. A >59 year old male should be able to do >12 reps with a 8 pound weight, while a female should be able to do 10 with a five pound weight.	Adequate arm strength is required for many activities of daily living.
How Many Hours Do Yo Sleep	Current Adult Recommendations for Sleep is 7 to 8 hours a day. Did you try to meet or do you surpass the desirable level? If so place a check (X) in the box.	Sleep plays an important role in your physical health.
Normal and Pain-free Joint Range of Motion	Move your joints, walk, climb up and down stairs, and reach up overhead. Did you have pain free motion? If so that is a good place to start. Did you have pain-free motion or are you trying to work on improving pain-free motion? If so place a check (X) in the box. More tests: You should be able to turn your head and see your shoulder tip, look up and see a light that is above you, and look down and see your toes. You should be able to lift your arm so you can touch your opposite ear or shoulder tip, reach around and touch your shoulder blade, and be able to lift arms overhead. You should be able to lean back 10 to 20 degrees and bend forward and touch your knees. You should be able to grasp your ankle and stretch your quadriceps while holding on for support. From a seated position you should be able to place your ankle of one leg onto your knee and repeat that to the opposite side. All of which should be pain free.	Healthy range of motion of your joints is connected to good posture and efficient, pain-free motion.
Practice Good Posture	Do you try to work on having good posture at work, home, and when playing? Test yourself to see if you have good posture. Place you back against the wall with your heels touching. From this position take an inventory of your posture through these three simple tests 1. Your head should touch the wall or be within 1-2 inches (this is desirable head posture) 2. Look down at your hands. Your thumbs should be pointing forward while your hands should be resting by your side (this is desirable shoulder/arm posture). Your hands should not be on the front of your thigh. 3. There should be a natural gap between your low back and the wall where a hand could fit through, in other words a 2-3" (this is desirable lower back posture), greater than a hand width suggests hyperextension of the spine. Did you meet or come close to these desirable postures or are you trying to improve your posture through adopting good posture throughout the day or from doing some type of posture care program? If so place a check (X) in the box.	Good posture is connected to pain-free, efficient motion.
Handling and Understanding Stress	Stress is part of life and having some in your life can be healthy as long as it is understood and controlled. There are things that you can do to offset its effects. 1. Understand the physical signs like racing heart and breathing rate, breathing that comes from the chest, and unwanted muscle tension. 2. Practice deep diaphragmatic breathing daily for a couple minutes or similar breathing technique 3. Practice some form of meditation be it praying, chanting, or quiet time 4. Be mindful of your body, where you are, others, and your physical surrounding when you can. Do you understand the processes of being mindful and some techniques of relaxation and do you try to practice any of them? If so place a check (X) in the box.	Many sources agree that stress is key for survival, but too much stress can be detrimental. Emotional stress that stays around for weeks or months can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety and even heart disease. Practicing relaxation techniques and strategies are paramount to managing stress. Relaxation slows our heart and breathing rate, reduces blood pressure, and relieves muscle tension.
Smoking	Do you abstain from smoking? If so place a check (X) in the box.	According to WebMed and other sources research shows that cigar and pipe smoking is every bit as dangerous as cigarette smoking, and possibly even more dangerous. A single large cigar can contain more than a 1/2 ounce of tobacco -- as much tobacco as an entire pack of cigarettes. Men who smoked one cigarette a day had a 48 percent higher risk of heart disease than people who never smoked, while women had a 57 percent increase.
Get Regular Health Exams and Tests	The CDC states that regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Do try to get regular health exams and tests? If so place a check (X) in the box.	