



# **PROFILES OF HEALTH FITNESS AND WELLBEING**

**John Miller**

 Integrated Health Systems



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**Profiles of Health, Fitness and Wellbeing**

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### PROFILES OF HEALTH, FITNESS AND WELLBEING

Have you ever wondered just how fit and healthy you were?

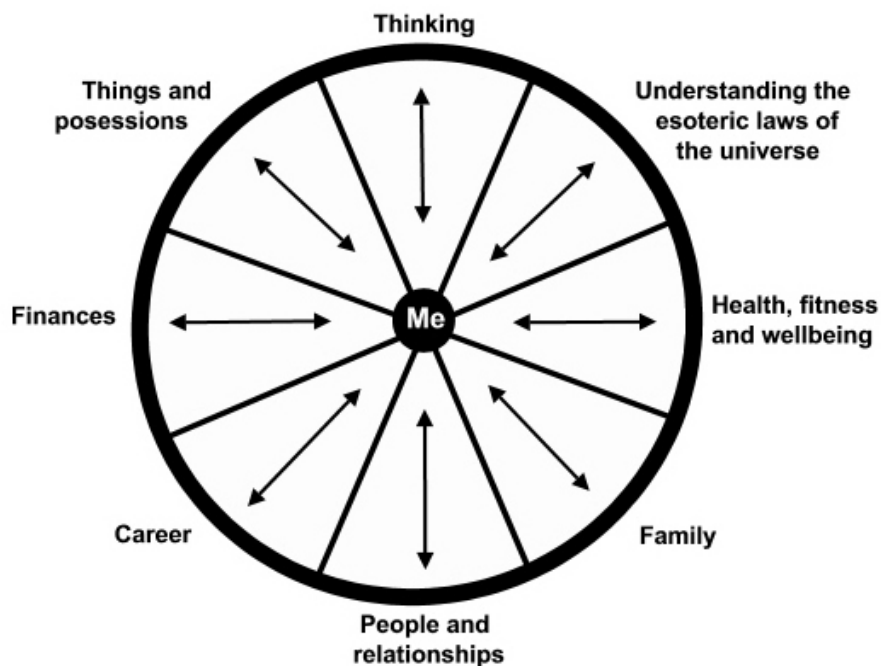
Have you ever wondered where you would go to find out?

Whilst your doctor might measure your blood pressure and send you to the pathologist for a few blood tests, chances are they'll leave leaving measurements of your physical fitness and general wellbeing to chance. It's a lazy way of giving you a thorough assessment of your metabolic, musculo-skeletal and mood health.

It's strange when you think about it because blood pressure and the pathology tests are designed to pick up symptoms of poor health caused by a lack of physical activity, dietary insufficiency and stress.

Now, for what I think is the first time, I've compiled a booklet of objective and subject health, fitness and wellbeing assessments – designed to give you an all-round view of your health.

The assessments are based on the Wheel of Life.



There is one profile that we haven't yet developed, the 'things and possessions' profile. But we presume that if you've got a car, a flat-screen TV and mobile phone doing a lot better than your grandparents!

*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 CLIMATE SURVEY

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 realize 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							
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 20**

**TOTAL**



### What does your score mean?

The score of a normal fit and healthy human being is less than 20.

If you got less than 20 you're in very good nick.

If you got less than 40 that's not bad, but the signs are there that certain parts of your body are not working as well as you'd like. You're starting to exhibit the signs and symptoms of general metabolic dysfunction.

Over 40 the amber light is flashing.

You're probably not as fit as you could be. You need a fitness program. You may be a little over weight, in which case you need a fitness program and the Hourglass Diet.

There's a chance there's evidence of musculo-skeletal dysfunction, in which case you're not strong or flexible enough to keep your body in alignment.

You probably need a holiday or some good distractors that distract you from feeling tired and miserable.

Over 80 and you're getting right into the red zone. It's time to take stock.

You certainly don't want things to get worse, which they will if you don't do something now. You could be in the wrong job or the wrong relationship. There's probably something going on in the top paddock that's not right and it's affecting the rest of your body.

If you don't do something now there's a good chance that pretty soon you could end up on the medical hurdy-gurdy.

It's definitely time for a lifestyle make-over.

Over 140 and there are high scores throughout the profile.

It's time to seek a counsellor and dramatically improve your lifestyle.

Step back, take a holiday and/or your long service leave. Get away.

Start making hard decisions, so that you get what you want.

Certainly though at any score you're redeemable. If you're serious you can halve your score in three months.

A lot of people brought themselves back from the brink by becoming fitter, getting themselves in the job and personal relationship they'd really like to be in.

Questions 1 – 20 deal with body system dysfunctions that are closely related to a lack of physical activity, a poor diet and an autonomic nervous system that's out of balance. You can correct them by



1. implementing a regular and systematic physical exercise program involving

- aerobic exercise
- strength training
- flexibility exercises.

2. Eating from the top of the Hourglass

- with vegetables, fruit and adequate protein and fat as the basis of your diet
- steering clear of wheat and milk
- eliminating the 'garbohydrates', (flour and sugar, on their own, combined and/or mixed with fat)
- eliminating alcohol, tobacco and aspartame
- supplementing your diet with vitamins, minerals, essential fats, and 'octane boosting' nutraceuticals

3. Meditating.

Questions 21-23 have a relationship with stress. As we become more stressed we tend to take more of the culturally acceptable chemicals.

Questions 24 – 30 are questions related to stress in your life, whether you're in the right job, whether you have the resilience to cope with your internal and external environment, if you're happy with your family and finances, whether you're doing the things unstressed people do to manage their stress.

If you're struggling with some of these issues, go and see a counsellor or a life coach. They'll give you a few signposts, act as a sounding board, help you set and then monitor progress towards your goals.

**The trouble with the rat race is that even if you win, you're still a rat.**  
**Lily Tomlin**



### FITNESS PROFILE – a good score is a high score

1. 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

2. The body is an ecosystem. What was your score on the **Health, Climate Survey?**

.....

>120	110	90	80	70	60	50	40	30	20	<20

3. **Fatness.** How close are you to being your **ideal weight?** Scores based on the number of kilos of body fat over what you consider to be your ideal weight.

Current weight ..... Ideal weight ..... Percent body fat .....

Kg over ideal wt	<25	<20	<15	<10	<8	<6	<4	<2	
% fat men	<35	<30	<28	<26	<24	<22	<20	<18	
% fat women	<45	<40	<38	<36	<34	<32	<30	<28	



4. **Lower body strength – squat**

How many full squats can you do in 90 seconds. Bottom must get as close to your heels as possible. Use a heel raise if you need to.

<7	7	10	15	20	23	25	30		
0	4	5	6	7	8	9	10		



5. **Abdominal strength – sit-ups.** Number in 90 seconds.....

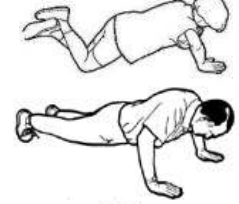
<7	7	10	15	20	23	25	30		
0	4	5	6	7	8	9	10		



6. **Upper body strength – press-ups.** Number in 90 seconds.....

Men on toes, women on front of thighs.

<7	7	10	15	20	23	25	30		
0	4	5	6	7	8	9	10		



7. **Flexibility – sit and reach**

In a sitting position, 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		



8. **Ability to sit up straight**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0. If you can only just sit up without falling over score 5.

Fall over	Barely		Just			Perfect			
0	5	6	7	8	9	10			



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

<22	22	24	26	28	30	32	34	36	38	40
0	1	2	3	4	5	6	7	8	9	10



10. **Aerobic Training sessions per week – of at least 30 minutes with heart rate over 120.**

0	1	2	3	4	5	6	7	8	9	10

**Total**

For further information visit: <http://www.completefitnessworkout.com>



### SPECIFIC JOINT ASSESSMENT PROFILE

1. **Back.** Rate the current condition of your back.

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

2. **Neck.** Rate the current condition of your neck.

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

3. **Right shoulder.** Rate the current condition of your right shoulder.

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

4. **Left shoulder.** Rate the current condition of your left shoulder.

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

5. **Right wrist.** Rate the current condition of your right wrist and hand.

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

6. **Left wrist.** Rate the current condition of your left wrist and hand.

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

7. **Right hip.** Rate the current condition of your right hip.

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

8. **Left hip.** Rate the current condition of your left hip.

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

9. **Right knee.** Rate the current condition of your right knee.

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

10. **Left knee.** Rate the current condition of your left knee.

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

11. **Right foot.** Rate the current condition of your right foot. Do you suffer Achilles tendonitis, plantar fasciitis, malformed toes etc .

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

12. **Left foot.** Rate the current condition of your left foot. Do you suffer Achilles tendonitis, plantar fasciitis, malformed toes etc .




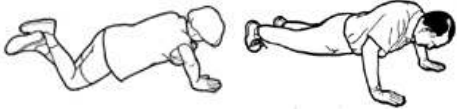



Dreadful										Good
0	1	2	3	4	5	6	7	8	9	10

TOTAL/120





## TEN POINT MUSCULO-SKELETAL HEALTH RISK SCREEN

<p><b>1. Current condition</b> This is a subjective assessment of how <i>you</i> perceive your current level of musculo-skeletal health. Take into account aches and pains and limited mobility and function compared with when you were 'at your peak'.</p>	
<p><b>2. Body composition.</b> How close are you to your ideal weight? You can estimate the number of kilograms over your ideal weight. In a clinical situation we'd use percent body fat.</p>	
<p><b>3. Lower body strength – squat</b> How many squats can you do in 60 seconds? Your bottom must go lower than your knees.  If you've got sore knees either don't proceed or <b>proceed with caution</b>.</p>	
<p><b>4. Lower body strength – sit-ups with feet held in 60 seconds.</b>  There is evenly divided conjecture about whether it is safe to do situps with feet held. I believe the exercise is safe. Many people cannot do 1 situp without their feet held. <b>Proceed with caution</b>.</p>	 <p style="text-align: center;">If it hurts, stop doing it</p>
<p><b>5. Upper body strength – press-ups in 60 seconds.</b>  If you've got painfully sore shoulders either don't do this exercise or <b>proceed with caution</b> – and don't do too many.</p>	
<p><b>6. Flexibility – sit and reach – Hamstring flexibility</b> 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.</p>	
<p><b>7. Ability to sit up straight with legs crossed – buttock flexibility</b> With legs crossed and hands clasped behind your back, see if you can sit up straight without falling over backwards.</p>	
<p><b>8. Shoulder function – wall test</b> Stand with you back to the wall. Place your hands in the surrender position with elbows, forearms, wrists and fingers flat back on the wall.</p>	
<p><b>9. Strength training behaviour</b></p>	
<p><b>10. Flexibility training behaviour</b></p>	



# TEN POINT MUSCULO-SKELETAL HEALTH RISK SCREEN

**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										Excellent
0	1	2	3	4	5	6	7	8	9	10

Score

**2. Body composition.** How close are you to your **ideal weight**? Scores based on kilos over your ideal weight. # .....

Kg	>20	20	18	16	14	12	10	8	6	4	2
	0	1	2	3	4	5	6	7	8	9	10

**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. Lower body 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	Barely		Just			Perfect
0	5	6	7	8	9	10

**8. 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

**9. Strength training behaviour**

Do you have a regular and systematic strength training program either at home or at the Gym. Sessions per week.

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

**10. Flexibility training behaviour**

Do you have a regular and systematic flexibility training program either at home or at the Gym. It may include yoga, body balance, Pontius Pilates ... Sessions per week.

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

The 'pass mark' is 70/100.

**TOTAL/100**

For more information visit <http://www.globalbackcare.com>



# DIET PROFILE

2. **Body Composition** How close are you to being your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight. Current weight ..... Ideal weight .....

>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

2. Do you eat a **decent breakfast** or is it just flour and sugar? Don't score more than 6 if it's just flour and sugar.

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

3. For your weight do you eat a **high fat** diet?

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

4. For your weight, do you eat a **high flour and sugar** diet?

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

5. Do you eat predominantly from the top of the **Hourglass**: - plenty of vegetables and fruit mixed with adequate protein and fat?

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

6. How many glasses of plain, unadulterated **water (ore green tea)** do you drink each day?

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

7. When you look at your health, do you believe you're getting enough of the **essential vitamins, minerals, fatty acids and glycoproteins**?

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

8. Do you **eat too much**?

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

9. Are you ruled by your **addictions and cravings** to foods which are not good for you?

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

10. Does the **back end** of your system work like a charm? – score low if you have an irritable bowel or diarrhoea, are constipated, and/or have piles.

No						Like a charm				
						1		2		3
0	1	2	3	4	5	6	7	8	9	10

If you want to be fit and healthy, eat how fit and healthy people eat!

**TOTAL**

For more information visit: <http://www.hourglassdiet.com>



### CHEMICAL INTAKE PROFILE

1. Do you **smoke**?

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

YES  NO

Tick the box if you're ready to give it away. ☐

2. How many standard **alcoholic drinks** do you have a week?

High				Low				Nil		
>20	20	15		13		11		9		7
0	1	2	3	4	5	6	7	8	9	10

3. Do you drink too much **caffeine**? How many cups of coffee or cola drinks do you have a day? We live in a high caffeine culture!

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

4. Are you a **high salt eater**? If you add lots of salt to your food; if you eat a lot of salty food (chips, nuts, Vegemite, processed meat, take-aways, canned food...), score low.

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

5. How do you rate your reliance on **anti-inflammatory** tablets?

Score 0 if you're currently on them.

High				Low				Nil		
0	1	2	3	4	5	6	7	8	9	10

6. How do you rate your reliance on **headache and pain killing** tablets?

High				Low				Nil		
0	1	2	3	4	5	6	7	8	9	10

7. Are you on **sleeping** (tranquillizers, hypnotics, relaxants) tablets?

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

YES  NO

8. Are you on **anti-depressant** tablets?

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

YES  NO

9. Are you on **blood pressure** tablets?

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

YES  NO

10. Are you on **diabetes** tablets?

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

YES  NO

**Who's in charge here?**

Want to stop smoking? Tell your *Self* to stop buying cigarettes!

**TOTAL**



## METABOLIC HEALTH PROFILE

Poor metabolic health is a sign of risk of cardio-vascular dysfunction, stroke and diabetes.

1. What was your score on the **Health, Fitness and Wellbeing profile**?

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

2. **Body Composition.** Are you about your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight.

No					Yes					
>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

Scores based on percent body fat .....

M	>40	<35	<30	<28	<26	<24	<22	<20	<18
W	<45	<45	<40	<38	<36	<34	<32	<30	<28
	0	3	4	5	6	7	8	9	10

Current weight ..... Ideal weight ..... Percent body fat .....  
 A reasonable % body fat for men is less than 20 and for women less than 30.

3. **Blood Glucose level** - mmol/l ..... Preferably fasted. Score 0 if on medication.

Poor							Good			
>10	<10	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	Less than 6		
0	1	2	3	4	5	6	7	10		

4. **Cholesterol level (Unfasted)** - mmol/l .....

Poor								Good			
>8.5	<8.5	<8.0	<7.0	<6.5	<6.0	<5.5	<5.0	<4.6	<4.3	<4	
0	1	2	3	4	5	6	7	8	9	10	

5. **Blood pressure - systolic** ...../ (The higher figure.)  
 Normal is 120 for men and 110 - 120 for women. Score 0 if on medication.

Poor								Good			
>160	<155	<150	<145	<140	<135	<130	<125	<120			
0	3	4	5	6	7	8	9	10			

6. **Blood pressure - diastolic** ...../ (The lower figure.)  
 Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

Poor							Good			
>100	<100	<97	<94	<90	<87	<84	<80			
0	4	5	6	7	8	9	10			

7. Do you **smoke**?

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

NO  YES

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

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

X 3

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

**TOTAL**

Any score below 7 can be regarded as a 'strike' against you.

Your metabolic health risk factor score can be improved dramatically 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!

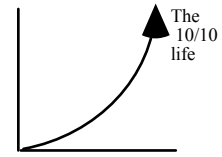
**Your metabolic health risk is assessed as**

- |               |                     |
|---------------|---------------------|
| <b>Low</b>    | • Over 70           |
| <b>Medium</b> | • Between 50 and 70 |
| <b>High</b>   | • Less than 50      |



## STRESS RISK PROFILE

This profile is based on the habits of unstressed people.



1. Rate your ability to manage the stress of your life. The more stressed you are the lower the score

Low			Medium				High			
0	1	2	3	4	5	6	7	8	9	10

2. 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

3. 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
			7			14				21

4. 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

5. Is there **balance** in your life? Do you have good **distractors** that switch you off from being busy and miserable and which give you great pleasure?

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

6. Do you **take time off** at lunch time to get away from your desk and get some fresh air? Score high if you exercise with vigor at lunch time.

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

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

0	1	2	3	4	5	6	7	8	9	10
	65		60		55		50			<45

8. Are you good at giving back to your **Self**? Do you spend time thinking about your **Self**? Do you give your **Self** the time and attention it is craving?

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

9. How many times a week do you **meditate**, for 10 minutes or more?

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

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

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

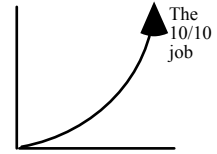
To better manage your stress, do the things that unstressed people do!

**TOTAL**



# CAREER SATISFACTION PROFILE

This profile is based on the habits of people who are in the right job and love their work.



1. How close are you to doing **the job you'd really love to be doing**? This is the job you'd love to do so much you'd do it for nothing, but which you did so well you'd be paid handsomely.

Miles away. I'm there  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

2. **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

3. 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

4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed Focused  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

5. Do you get good feedback from your manager?

No Yes  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

6. Do you receive an appropriate **financial reward** for the work you do?

No Yes  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

7. 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

8. Do you work for an organisation that **cares** about people, including yourself?

No Yes  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

9. Do you **enjoy the company** of the people with whom you work?

No Yes  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

10. What's the level of **morale** like in your work group?

Dreadful Fantastic  

--	--	--	--	--	--	--	--	--	--	--

  
0 1 2 3 4 5 6 7 8 9 10

If you want to enjoy your work, do what people who enjoy their work do. **TOTAL**



### MEANING AND PURPOSE PROFILE

1. Are you living the life you'd like to live?

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

2. Are you a power in your own life? Are you getting enough of what you want and need to live a fit, healthy, rich and fulfilling life?

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

3. Are you a power in the lives of other people?

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

4. Are you an optimistic person?

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

5. Do you have wisdom?

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

6. Are you a courageous person? Do you know what your heart's desire is and are you working toward it?

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

7. Is there a lot of love in your life?

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

8. Are you a person of integrity? Do you usually do what you say (to yourself and others) you're going to do?

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

9. Are you an enthusiastic person?

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

10. Are you thankful for what you've got?

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

If you want to enjoy your work, do what people who enjoy their work do.

**TOTAL**





### FAMILY PROFILE

1. Are you living the family life you'd like to live?

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

2. Do you have a partner who shares similar values, goals and interests?

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

3. How many weeks since you and your partner went out together?

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

4. How many days since you went for a walk or did some physical activity with your partner?

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

5. How many days since you told your partner that you love them?

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

6. Did you spend quality time with your children this week? If they no longer live with you did you write to them or phone them? No children? Score 7.

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

7. Do you keep in touch with your parents, brothers and sisters?

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

8. How many weeks since you took flowers home?

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

9. How many days since you cooked a meal for the family?

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

10. Are you happy with your love life?

0	1	2	3	4	5	6	7	8	9	10

Is there anything you can do to improve your family life?

TOTAL



### FINANCE PROFILE

1. Do you have your financial goals written down?

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

2. Are you working toward the achievement of your financial goals?

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

3. Do you come from abundance or scarcity?

Scarcity										Abundance
0	1	2	3	4	5	6	7	8	9	10

4. Do you earn an above average income for your age?

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

5. Do you have a budget which you keep to and review every month and every year?

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

6. Do you have a good savings and investment plan and monitor it regularly?

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

7. Do you have a good spread of investments?

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

8. Do you plan to be wealthy? ie you're working toward having a return on asset that matches your income.

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

9. Have you got a nice little earner on the side?

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

10. Do you have adequate income protection?

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

TOTAL



# PEOPLE PROFILE

1. Are you living the social life you'd like to live?

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

2. Are you a friendly, sociable sort of person?

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

3. Are you making a contribution to your community?

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

4. Do you keep in touch with your friends?

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

5. Are you a good listener?

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

6. Do you help others when they are in need?

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

7. Are you caring and respectful of other people's heritage, values and opinions?

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

8. Are you committed to building relationships with people outside your work, your neighbours and your family?

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

9. Are you an active member of a work, sport, church, lodge, service, social or personal growth organisation?

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

10. How many weeks since you've had neighbours or friends around?

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

TOTAL



# ELITE FORCE FITNESS TEST

To pass the test, you'll need a rating of 7 or more on all tests and an overall score of more than 70%.

**1. Lower body strength - squat**

How many full squats can you do in 90 seconds. Bottom must get midway between knees and heels. Use a heel raise.

<40	40	45	50	60
0	7	8	9	10

X2

**2. Abdominal strength - sit-ups with feet held in 90 seconds** .....

<40	40	45	50	60
0	7	8	9	10

X2

**3. Upper body strength - press-ups in 90 seconds, Men on toes, women on knees.**

<40	40	45	50	60
0	7	8	9	10

X2

**4. Flexibility - sit and reach**

In a sitting position, 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

**5. Ability to sit up straight**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0.

Poor				Just			Good		Excellent	
0	1	2	3	4	5	6	7	8	9	10

**6. Aerobic fitness**

5 minute, 20m lap run. Laps .....

Men <36	36	38	40	42	44	46	48	50	52	54
Women <34	34	36	38	40	42	44	46	48	50	52
0	1	2	3	4	5	6	7	8	9	10

X2

Pass all required tests

Yes  No

TOTAL

90%+ = Gold  80%+ = Silver  70%+ = Bronze  <70% = Cardboard

The softness of our civilization continues its persistent erosion.  
John F Kennedy



## PLATINUM FITNESS CHALLENGE



<b>Squat</b> – maximum consecutive number of times you can squat down so your backside is close to your heels and stand-up (straight).	<b>Situps - feet held</b> - maximum consecutive number - feet held, hands clasping opposite shoulders, coming up so elbows touch the knees, upper back (not head) hitting the ground.	<b>Pressups</b> - maximum consecutive number - men on toes, women on knees.	<b>20m run</b> How many times can you run between two lines 20m apart in 5 minutes? One foot must go beyond the line at the end of each lap

Your award is based on the lowest score you achieve.

Level	Award	Pressups	Situps	Squats	20m run laps		Award
					Men	Women	
10	Platinum	70	70	70	55	52	
9	Diamond	60	60	60	53	50	
8	Ruby	50	50	50	50	47	
7	Emerald	40	40	40	45	43	
6	Gold	30	30	30	40	37	
5	Silver	25	25	25	37	34	
4	Bronze	20	20	20	34	30	
3	Green	15	15	15	30	26	
2	Amber	10	10	10	25	22	
1	Red	<10	<10	<10	22	20	
0	Black	<5	<5	<5	<22	<20	

### OTHER MEASUREMENTS

The Platinum Challenge does not include any flexibility assessments because the measurements don't lend themselves to the scoring system. Having said that, here are flexibility two tests we'd recommend adding to the four key tests.

<p><b>Flexibility - sit and reach</b> In a sitting position, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.</p> <table border="1"> <tr> <td>Can't touch</td> <td>Fingers</td> <td></td> <td></td> <td>Palm</td> <td></td> <td>Wrist</td> </tr> <tr> <td>0</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> </table>	Can't touch	Fingers			Palm		Wrist	0	4	5	6	7	8	9	10	
Can't touch	Fingers			Palm		Wrist										
0	4	5	6	7	8	9	10									

<p><b>Ability to sit up straight</b> With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0. If you can only just sit up without falling over score 5.</p> <table border="1"> <tr> <td>Fall over</td> <td>Barely</td> <td></td> <td>Just</td> <td></td> <td>Perfect</td> </tr> <tr> <td>0</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> </table>	Fall over	Barely		Just		Perfect	0	5	6	7	8	9	10	
Fall over	Barely		Just		Perfect									
0	5	6	7	8	9	10								



## Profiles of Health, Fitness and Wellbeing


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You could add a body composition measurement - percent body fat - but it's unnecessary because being over weight is a natural handicap to doing well in the Platinum Challenge.

An agility test might be useful, but as a general rule, agility attends strength, low body fat and general running speed.

### **Straight arm hang – test of hand, wrist, arm and shoulder strength**

An additional test of strength, hanging from a bar may be useful, particularly for elite forces:

	<b>Award</b>	<b>Hang - seconds</b>	
	Platinum	140	
	Diamond	120	
	Ruby	100	
	Emerald	80	
	Gold	60	
	Silver	50	
	Bronze	40	
	Green	30	
	Amber	20	
	Red	10	
	Black	<10	

Take care of your body. It's the only place you have to live.  
Jim Rohn



### SUMMARY OF PROFILES

*	**	*	*	*
		**	**	**
			*	**
50%	60%	70%	80%	90%

Fitness	<input type="text"/> /100					
Musculo-skeletal Risk	<input type="text"/> /100					
Diet	<input type="text"/> /100					
Chemical Intake	<input type="text"/> /100					
Metabolic Heath	<input type="text"/> /100					
Stress	<input type="text"/> /100					
Career satisfaction	<input type="text"/> /100					
Meaning and purpose	<input type="text"/> /100					
Family	<input type="text"/> /100					
Finance	<input type="text"/> /100					
People	<input type="text"/> /100					

MERIT AWARD for achieving over 70 in all profiles. Yes

*If I'd known I was going to live this long, I'd have taken better care of myself.*  
Eubie Blake (On his 100th Birthday)



## GUNNADO

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

FITNESS	DIET
SELF	FAMILY
FRIENDS	CAREER
FINANCES	THINGS

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



## Profiles of Health, Fitness and Wellbeing

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