

How healthy are you?

Personal Fitness Prescription Questionnaire

1.	How often do you exercise for more than 30 minutes each week?	<input type="radio"/> 1-2/wk (1 point)	<input type="radio"/> 3-4/wk (2 points)	<input type="radio"/> More (3 points)	
2.	How many times a week do you eat chocolate, lollies or sweet processed snacks?	<input type="radio"/> 1-2/wk (3 points)	<input type="radio"/> 3-4/wk (2 points)	<input type="radio"/> More (1 point)	
3.	How often do you eat red meat?	<input type="radio"/> 1-2/wk (3 points)	<input type="radio"/> 3-4/wk (2 points)	<input type="radio"/> More (1 point)	
4.	Did you have breakfast this morning?	<input type="radio"/> Yes (3 points)	<input type="radio"/> No (1 point)		
5.	Have you exercised for more than 30 minutes in the last 48 hours?	<input type="radio"/> Yes (3 points)	<input type="radio"/> No (1 point)		
6.	What do you eat more, fruit or cakes and biscuits?	<input type="radio"/> Fruit (3 points)	<input type="radio"/> Cakes and biscuits (1 point)		
7.	How often do you eat chips, crisps and deep fried food?	<input type="radio"/> 1/month (3 points)	<input type="radio"/> Weekly (2 points)	<input type="radio"/> 1-2/Week (1 point)	<input type="radio"/> More (0 points)
8.	How tall are you now in cms compared to last time you measured yourself?	<input type="radio"/> Same (2 points)	<input type="radio"/> Shorter (1 point)	<input type="radio"/> Taller (3 points)	
9.	How often do you stretch your limbs and muscles for more than five minutes?	<input type="radio"/> 1-2/yr (0 points)	<input type="radio"/> 1/month (1 point)	<input type="radio"/> Weekly (2 points)	<input type="radio"/> More (3 points)
10.	Do you have a family history of heart disease, stroke, diabetes or high blood pressure?	<input type="radio"/> Yes (1 point)	<input type="radio"/> No (4 points)	<input type="radio"/> 2 or more (0 points)	
11.	Do you smoke? (Yes or no only. One cigarette a week = yes).	<input type="radio"/> Yes (0 points)	<input type="radio"/> No (3 points)		
12.	How many alcohol free days (AFD's) do you have a week?	<input type="radio"/> 1-2/wk (1 point)	<input type="radio"/> 3-4/wk (2 points)	<input type="radio"/> More (3 points)	

Results

5-10 points	You are very unhealthy and need to take action immediately! Start with a comprehensive health check by your GP followed up by some exercise at Fitness Central and dietary advice from our Fitness instructors.
10-17 points	Your health is below average. You need to seriously consider what you want and why you are making the poor choices you are making. There is no time like the present, so get up from your desk or the couch and do something to improve your lifestyle. Get some advice on how you can make exercise and healthy living a part of your life from our professional fitness instructors at Fitness Central Charlestown.
18-25 points	You are in moderate health but have some serious work to do if you want to live a long and happy life in a capable, healthy body. Small changes make a difference. Start with light exercise, including weight training a few times a week and clean up your dietary habits. A good fitness program from Fitness Central Charlestown is a great way to break bad habits and get yourself on the right path.
26-35 points	You are in good health and deserve a pat on the back. There are areas that you can improve on and you need to stay diligent and aware of your changing health requirements as you get older. Being part of Fitness Central Charlestown can offer quality health guidance, motivation and variety of different fitness programs that will help you stay on top of your health and enjoy all the benefits of a good healthy life.