

## **GymfobicHealth Check Questionnaire for a Healthy and Independent Life**

**Objective:** To help you assess and plan your current health status and lifestyle habits with the goal of maintaining independence and avoiding the need for care services in old age.

### **Instructions:**

1. Answer each question below. For each question, select the option that best describes your current situation.
2. At the end of the questionnaire, total your score to see your overall health status score and receive personalised recommendations.
3. Use what you have learnt to focus on next steps
4. From date and time options available book your coaching session by email return

### **Sections:**

5. **Physical Health**
6. **Mental Well-being**
7. **Nutrition**
8. **Physical Activity**
9. **Social Engagement**
10. **Preventative Care**

### **Section 1: Physical Health**

#### **11. How often do you visit your doctor for a routine check-up?**

- A. Annually or more often (4 points)
- B. Every two years (3 points)
- C. Every three years (2 points)
- D. Rarely or never (0 points)

#### **12. Do you have any chronic conditions (e.g., diabetes, hypertension) that are well-managed?**

- A. Yes, and they are well-managed (4 points)
- B. Yes, but they are somewhat managed (2 points)
- C. Yes, but they are poorly managed (1 point)
- D. No chronic conditions (3 points)

## **Section 2: Mental Well-being**

### **13. How often do you feel stressed or anxious?**

- A. Rarely (4 points)
- B. Occasionally (3 points)
- C. Frequently (2 points)
- D. Almost always (0 points)

### **14. How satisfied are you with your social life and connections?**

- A. Very satisfied (4 points)
- B. Satisfied (3 points)
- C. Neutral (2 points)
- D. Dissatisfied (0 points)

## **Section 3: Nutrition**

### **15. How would you describe your diet?**

- A. Balanced and nutritious (4 points)
- B. Mostly healthy with occasional treats (3 points)
- C. Average with some unhealthy foods (2 points)
- D. Poor and unbalanced (0 points)

### **16. How often do you eat fruits and vegetables?**

- A. Daily (4 points)
- B. Several times a week (3 points)
- C. Once a week (2 points)
- D. Rarely (0 points)

## **Section 4: Physical Activity**

### **17. How often do you engage in physical exercise?**

- A. Daily (4 points)
- B. Several times a week (3 points)
- C. Once a week (2 points)

- D. Rarely (0 points)

**18. Do you include strength training exercises in your routine?**

- A. Yes, regularly (4 points)
- B. Occasionally (3 points)
- C. Rarely (2 points)
- D. Never (0 points)

**Section 5: Social Engagement**

**19. How often do you participate in social activities or clubs?**

- A. Weekly (4 points)
- B. Monthly (3 points)
- C. Occasionally (2 points)
- D. Rarely (0 points)

**20. Do you have a strong support network of family and friends?**

- A. Yes, very strong (4 points)
- B. Somewhat strong (3 points)
- C. Weak (2 points)
- D. No support network (0 points)

**Section 6: Preventative Care**

**21. How often do you get your vision and hearing checked?**

- A. Annually (4 points)
- B. Every two years (3 points)
- C. Every three years (2 points)
- D. Rarely or never (0 points)

**22. Do you keep up with recommended vaccinations (e.g., flu, pneumonia)?**

- A. Yes, always (4 points)
- B. Mostly (3 points)
- C. Sometimes (2 points)
- D. Rarely or never (0 points)

## Scoring and Recommendations:

- **Total your score:**
  - **40-48 points: Excellent Health**
    - Recommendation: Continue maintaining your healthy lifestyle. You are on the right track to enjoying an independent and vibrant retirement.
  - **30-39 points: Good Health**
    - Recommendation: You are doing well, but there may be some areas for improvement. Focus on enhancing your diet, physical activity, and social engagement to boost your overall well-being.
  - **20-29 points: Fair Health**
    - Recommendation: Consider making significant lifestyle changes. Evaluate your diet, exercise routine, and social activities. Seek advice from health professionals if needed to improve your overall health.
  - **Below 20 points: Needs Improvement**
    - Recommendation: It's important to take immediate action to improve your health. Consult with your doctor to create a comprehensive plan that includes diet, exercise, and mental well-being strategies. Prioritise regular check-ups and preventative care to address any underlying health issues.

Remember, it's never too late to make positive changes. By taking proactive steps now, you can enhance your quality of life and enjoy a healthy, independent retirement.

## Recommendations for Those Scoring 39 Points or Less

If your score is 39 points or below, it indicates that there are several areas of your health and well-being that could benefit from improvement.

[Click here](#) to set up a meeting with a Wellness Coach.