**QUADRANT:** JOINTS, BONES & TEETH

**HEALTH ITEM:** Flexibility & Movement

**Question Version: How important is maintaining healthy flexibility and mobility?**

**Simplified: Flexibility & Mobility**

Consider This: sitting too much, aging, over stretching, loss of muscle, and even diet can impact our flexibility and movement.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**HEALTH ITEM:** Joint Health

**How important is supporting your joint health?**

**Simplified: Joint Health**

Consider This: Maintaining a healthy weight, keeping active, and a sound diet with nutrients like calcium, vitamin D, and omegas can all help support healthy joints.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**HEALTH ITEM:** Healthy Gums & Teeth

**How important is maintaining healthy gums and teeth.  
Simplified: Healthy Gums & Teeth**

Consider This: Healthy gums do more than protect your teeth and bones — they also play a key role in defending your body against serious health challenges, and can even impact your heart health.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**HEALTH ITEM:** Knees & Walking

**Question: How important is walking to improve your knees?  
Simplified: Improving Knee Joints Through Walking**

Consider This: Cartilage is like a sponge that gets nutrients from the compression and decompression of your body weight as you walk. As such, walking can help your body rebuild joints, and take pressure off stiff or aching knees.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**HEALTH ITEM:** Shoulders & Lifting

**Question: How important is improving shoulder joints for lifting and other daily activities?  
Simplified: Improving Shoulder Joints For Lifting & Other Daily Activities**

Consider This: The shoulder joint is the most complex joint in the human body, providing mobility to move your arm 360 degrees. It also provides stability for all bones, muscles, tendons, and ligaments to perform daily activities like lifting and moving things.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**HEALTH ITEM:** Lower and Upper back, and flexibility.

**Question: How important is supporting healthy flexibility in your back?  
Simplified: Supporting Healthy Flexibility For Your Back.**

Consider This: A lack of flexibility in the back can actually be caused by too much sitting, and a lack of flexibility in the lower body, particularly in the hamstrings, buttocks, and hips. Stretches and exercises for the hips, glutes, and legs can improve back flexibility and relieve pressure.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**QUADRANT:** METABOLISM & ENERGY

**HEALTH ITEM:** Cravings for Sweets

**Question: How important is curbing your cravings for sweets?**

**Simplified: Curbing Your Cravings For Sweets**

Consider This: exercise and a healthy diet including fiber and pre and probiotic support can boost

serotonin, which improves your mood and helps fight cravings.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is falling and staying asleep?  
Simplified: Falling & Staying Asleep**

Consider This: keeping glued to our smart phones, TVs, and computers can impact our ability to sleep. Eating a healthy diet and stopping the use of cell phones/computers for at 30 minutes before bedtime can help.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is boosting your metabolism?  
Simplified: Boosting Your Metabolism**

Consider This: Eating breakfast (don't skip it) and simple exercise like a 10-minute walk, three times a day can help boost your metabolism and mood. Also, protein shakes can help provide good nutrition at a reasonable cost.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is better energy during the day?**

**Simplified: Better Energy During The Day**

Consider This: A diet rich in protein and fiber can help support healthy blood sugar levels and prevent those mid-day energy dips. Starting your day with protein (Shakes, eggs) instead of bagels or muffins can help you maintain better blood sugar levels, focus, and energy.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is waking up feeling refreshed?**

**Simplified: Waking Up Feeling Refreshed**

Consider This: Minimize caffeine intake in the afternoons, and be sure to have a good mattress and a good bedtime routine. Exercise in the morning, and sunlight can help you feel refreshed and energized.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important are healthy blood sugar levels?**

**Simplified: Healthy Blood Sugar Levels**

**Consider This:** Carbs and sugar can spike insulin and blood sugars, which can leave you feeling more tired and even hungrier. Eating protein at every meal and getting fiber regularly can help you maintain healthy blood sugar within the normal range.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**QUADRANT:** VITAL ORGANS

**HEALTH ITEM:** Vision health

**Question: How important is good vision health?**

**Simplified: Vision Health**

Consider This: good eye health starts with nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E. Green leafy vegetables, oily fish like salmon, mackerel, and sardines, along with eggs, nuts, and citrus fruits are also recommended.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is maintaining a healthy heart and blood pressure?  
Simplified: Healthy Heart & Blood Pressure**

Consider This: Losing weight and a healthy diet can help you support a healthy heart and blood pressure. Fiber is a key way to feel full and help the body fight or lower cholesterol.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is reducing fine lines and wrinkles?  
Simplified: Reducing Fine Lines & Wrinkles**

Consider This: Foods and supplements rich in polyphenols and phytochemicals can help you have beautiful skin from within. Berries, dark leafy greens, fish are more than good for your heart — they’re good for skin too.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is healthy skin?   
Simplified: Healthy Skin**

Consider This: Healthy fats like omega oils, avocados, walnuts, butter, sunflower seeds help support beautiful skin.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is lung health?  
Simplified: Lung Health**

Consider This: Did you know that dry lungs are prone to irritation? That’s why it’s important to always stay hydrated. In addition, nutrients found in apples, fish omegas, broccoli, walnuts, and berries all have nutrients that can support good lung health and good breathing.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important are kidney and liver health?  
Simplified: Kidney & Liver Health**

Consider This: Our kidneys and liver help filter waste, support hormone production, regulate blood pressure and more. A diet that contains cauliflower, blueberries, fish omegas, and flavonoids found in grapes are good for your kidney and liver health too.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**QUADRANT:** DIGESTION & IMMUNITY

**HEALTH ITEM:** Constipation and regularity

**Question: How important is preventing constipation and maintaining regularity?**

**Simplified: Preventing Constipation & Maintaining Regularity**

Consider This: Dehydration can slow your metabolism, which may impact your weight, and can also slow your regularity. To help improve regularity and your overall health, drink at least 8 glasses of water per day and add fiber to your diet.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is preventing diarrhea or an upset stomach?**   
**Simplified: Preventing Diarrhea Or An Upset Stomach**

Consider This: Stress, travel, poor diet, and even spicy foods can all lead to an upset stomach or other issues. Foods like pineapple and papaya contain enzymes that can help break down food for easier digestion.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is alleviating the impact of stress and pollution?  
 Simplified: Impact Of Stress & Pollution**

Consider This: pollution and stress can negatively impact memory, digestion, the stomach, sleep, and more. Antioxidants help protect and defend at the cellular level, while supporting a good digestive system, which is where 95% of our seratonin resides.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is preventing cold hands and feet?/How important is healthy circulation?**

**Simplified: Healthy Circulation**

Consider This: Cold hands and feet can be an indication of poor circulation. Vitamin e (found in pumpkin, nuts), niacin (found in eggs, mushrooms, milk), and spices help you feel warmer and support healthy circulation.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance

**Question: How important is maintaining cellular health and energy levels?**

**Simplified: Cellular Health & Energy Levels**

Consider This: Stress, pollution, and diet impact our cells and overall health. Defending and supporting cells with good digestion is key, as this is where most of our immune system thrives and nutrition is absorbed.

Very low importance

Low importance

Moderate importance  
High importance

Very high importance