**JOINTS, BONES & TEETH**

**How would you rate your flexibility and mobility?**

*Did You Know?   
Sitting too much, aging, over stretching, loss of muscle, and even diet can impact flexibility and mobility.*

**How do your joints feel overall?**

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

**How would you rate your teeth and gum health?**

*Your First Line of Defense   
Healthy gums do more than protect your teeth and bones — they also defend your body against serious health challenges.*

**How do your knees feel after walking?**

*Walk the Walk!  
When you walk, cartilage act like a sponge that soaks up nutrients from the compression and decompression of your body weight. This helps rebuild joints and take pressure off stiff or aching knees.*

**How do your shoulders feel when lifting?**

*A Lot to Shoulder   
Shoulders have the most complex joints in the human body, providing 360 degrees of mobility to your arms. They also help stabilize bones, muscles, tendons, and ligaments to perform daily activities.*

**How would you rate your back flexibility?**

*Loosen Up!   
Back stiffness can be caused by too much sitting and a lack of lower body flexibility (e.g. hamstrings, buttocks, hips). Stretches and exercises for the hips, glutes, and legs help improve flexibility and relieve pressure.*

**METABOLISM & ENERGY**

**How would you rate your self-control with sweets?**  
*Curb Those Cravings   
Exercise and a healthy diet including fiber and pre and probiotic support can boost**serotonin, which helps curb sugar cravings.*

**How well do you fall and stay asleep?**

*Step Away From Your Screen!  
Keeping glued to smart phones, TVs, and computers makes it harder to fall and stay asleep. Disconnecting from these devices for at least 30 minutes before bedtime can help.*

**How well do you overcome weight-loss challenges?**  
*Stay Light on Your Feet   
A good breakfast (don't skip it) and three 10-minute walks a day can help boost your metabolism. Also, protein shakes can help provide good nutrition at a reasonable cost.*

**How would you describe your daytime energy level?**

*Seize the Day!   
To maintain better energy, start your day with proteins instead of carbohydrates. A protein and fiber rich diet helps support healthy blood sugar levels and prevent mid-day energy dips.*

**How do you feel when you wake up?**

*Good Morning Sunshine!   
Exercise and sunlight in the morning help you feel refreshed and energized. Minimize afternoon caffeine intake and always have a good mattress and bedtime routine.*

**How would you describe your blood sugar levels?**

*Food for Thought**Carbs and sugar spike insulin and blood sugars, leaving you more tired and even hungrier. Protein and fiber with every meal helps maintain healthy blood sugar within the normal range.*

**BRAIN & HEART HEALTH**

**How would you rate your blood flow & circulation?**

*Consider This:*

**How is your blood pressure health?**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.

**Brain and nervous system?***Consider This:*

**Healthy inflammatory response?** *Consider This:*

**Cognitive health***Consider This:*

**Immune System***Consider This:*

**QUADRANT: DIGESTION & IMMUNE HEALTH**

**How would you rate your digestion and regularity?**

*Let it Flow   
Dehydration can slow your metabolism, impacting weight and slowing regularity. To help improve regularity and overall health, drink 8 glasses of water per day and add fiber to your diet.*

**How well do you avoid stomach problems like Diarrhea?**   
  
*Spice Isn’t Always Nice   
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.*

**How well does your body handle stress and pollution?** *Stay Protected   
Pollution and stress negatively impact memory, digestion, the stomach, sleep, and more. Antioxidants help protect and defend, while supporting a good digestive system (where 95% of our serotonin resides).*

**How well do you avoid cold hands and feet?**

*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.*

**Cellular Health & Natural Energy**

*Easy To Digest   
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.*