

# Answers to Wellness Evaluation Questionnaire

- 1. Do you eat more meals with poultry, lean meat, fish and plant (soy) proteins rather than steaks, roasts and other red meats?** White meat of chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these “better-for-you” meats rather than high-fat or highly processed meats such as hot dogs, steaks and roasts and to balance your proteins by eating some plant proteins such as soy every day. **Suggestion:** Core Nutrition; Formula One Healthy Meal or Instant Shake
- 2. Do you eat a variety of colorful fruits and vegetables and do you eat at least seven servings a day of these?** It is important to eat at least seven servings of fruits and vegetables per day to get the fiber, vitamins and minerals these foods contain. Eat a wide range of different colored fruits and vegetables to get a variety of the thousands of substances only found in plants that help keep you healthy. **Suggestion:** Core Nutrition; Garden 7
- 3. Do you consume primarily whole grain (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?** Processed and refined grains provide mainly starch as empty calories. It is important to get whole grain baked goods so that you get all the goodness from whole grains including the vitamins, fiber, and protein found in these important foods. **Suggestion:** Core Nutrition; Active Fiber Powder
- 4. Do you eat ocean-caught fish at least 3 times per week?** Ocean-caught fish have healthy fish oils that can help to reduce the risk of heart disease when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight. **Suggestion:** Core Nutrition; Herbalifeline
- 5. Do you avoid fried foods, dressings, sauces, gravies, butter and/or margarine?** These foods add lots of calories and saturated fat to your diet even when eaten in small amounts. Since it is difficult to control the portions you eat, it is best to avoid these foods as much as possible. **Suggestion:** Core Nutrition; Thermo-Bond; Core Complex
- 6. Is your digestive system free of indigestion or irregularity?** Being regular is important in order to eliminate toxins from your body and healthy elimination can maintain a normal balance of cholesterol and other blood fats. Indigestion or irregularity can be avoided by eating 25 grams of fiber per day from fruits, vegetables and whole grains, drinking 6-8 glasses of water a day and reducing stress through mild exercise or meditation. **Suggestion:** Core Nutrition, Active Fiber, 21 Day Cleanse, Herbal Aloe Drink or powder mix; Garden 7, Relax Now
- 7. Do you get a minimum of 30 minutes exercise 3-5 days a week?** Getting exercise that stimulates your heart at least 3-5 times a week for at least 30 minutes will help keep your cardiovascular system healthy, help maintain a healthy body weight and can help reduce stress. **Suggestion:** Core Nutrition; Liftoff, H3O, Herbal Concentrate; Joint Support
- 8. Do you maintain a stable and appropriate weight?** This can be achieved with regular exercise and following a diet that is based on low-fat proteins, fruits, vegetables and controlled portions of whole grain foods. Many people go through cycles of weight gain followed by quick weight loss, which can lead to loss of lean tissue and reduced metabolic rate. **Suggestion:** Weight Management Program
- 9. Do you usually have time to prepare balanced meals, rather than take out or eating on the run?** With our busy lives, it is tempting to pick up prepared or fast foods and eat them on the run. There are many other convenient choices: prewashed salad greens, frozen vegetables, pre-cut fruits and quick-cooking poultry items that make healthy meals quick to put together. **Suggestion:** Core Nutrition; Formula One Instant Healthy Meal Shake; Herbalife Protein Snacks
- 10. Do you stay away from soda and typical snack foods throughout the day and after dinner?** Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Make better choices with healthier snacks or enjoy a hot cup of tea to reduce stress. **Suggestion:** Core Nutrition; Protein Snacks, Snack Defense; Herbal Concentrate
- 11. Are you free of water retention and bloating?** Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance. **Suggestion:** Core Nutrition; Cell-U-Loss
- 12. Do you have the energy and focus you need to meet your daily challenges?** We all want to perform at our best during the day. Regular exercise and stress management can help you sleep better and feel rested and energized for the day. **Suggestion:** Core Nutrition; Total Control; NRG Tabs/Tea; Liftoff; Sleep Now
- 13. Do you drink at least 8 glasses of water a day?** If you wait until you are thirsty before you drink water, you may already be slightly dehydrated. Your body requires water for many functions, and being well-hydrated helps keep your skin and other tissues healthy. **Suggestion:** Core Nutrition; Herbal Concentrate; H3O
- 14. Are you getting your daily recommended allowance of Calcium?** Calcium is important for bone health and keeps your blood pressure in check. The best sources are non-fat dairy products and calcium-fortified foods. Since most don't eat enough servings of these daily, a combination of foods and supplements is often needed. **Suggestion:** Core Nutrition; Xtra-Cal; Joint Support
- 15. Are your blood pressure, triglycerides and bad cholesterol levels in the normal range?** When these levels are elevated, it can put you at risk for cardiovascular disease. Regular exercise and a low-fat diet rich in plant foods, fiber and healthy fats from fish can help control these factors. **Suggestion:** Core Nutrition; Core Complex
- 16. Men: Are you free from problems associated with your prostate such as slow urination or waking up at night to urinate?** May be an indication of enlarged prostate. **Suggestion:** Core Nutrition; Ultimate Prostate.
- 17. Women: Are you free from problems associated with menstrual cycles/menopause, mood changes, hot flashes or problems sleeping?** Hot flashes and sleeplessness indicate hormone changes in women over 50; mood changes indicate PMS in women under 50. **Suggestion:** Core Nutrition; Woman's Choice; Tang Kuei; Relax Now