

motivAGE

Lifestyle Report

<NAME>

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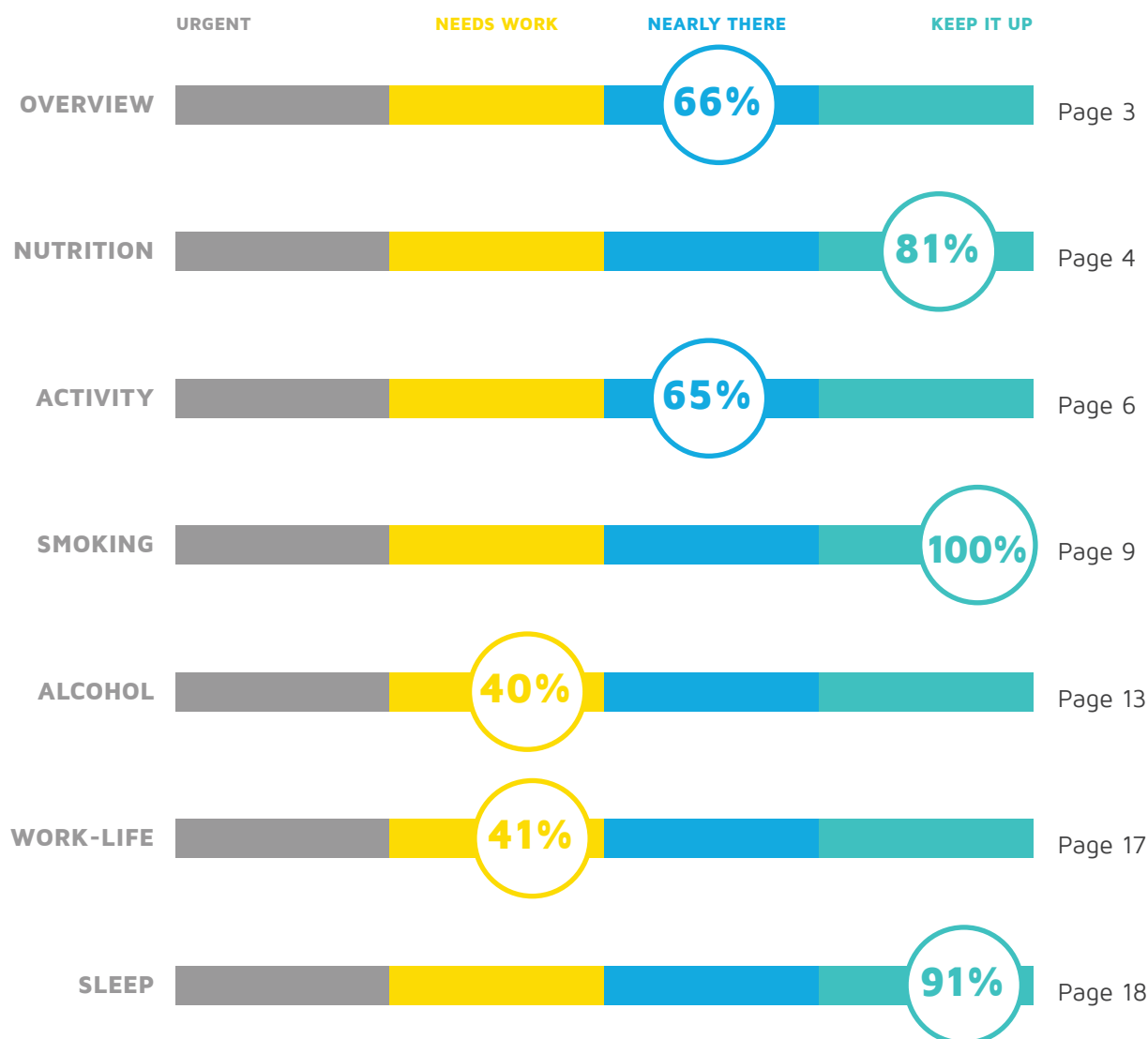
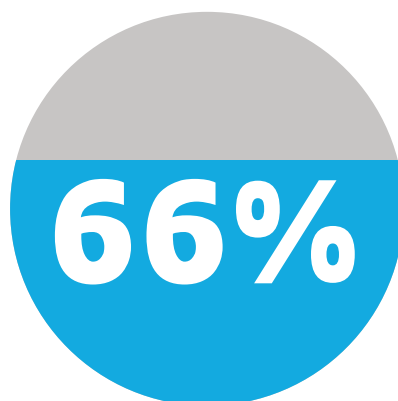
LIVE YOUR BEST LIFE

We were all born with three things:
A mind, a body and a lifetime.

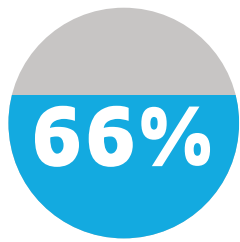
HOW YOU USE THE FIRST TWO DETERMINES THE THIRD.

YOUR LOGO
HERE

MY LIFESTYLE SCORE



OVERVIEW



LIVE YOUR BEST LIFE

What does your “best life” mean to you? Is it having the energy to spend quality time with family and friends? Or is it mastering your career on the way to building an empire? Whatever your “best life” is, good health is crucial to achieving it. This lifestyle report will certainly guide you towards a healthier lifestyle, but don’t simply see it as a means of getting healthier. It’s much more than that. It’s about empowering you to live your best life, whatever that may be.

UNDERSTANDING YOUR LIFESTYLE SCORE

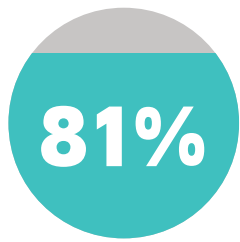
Your lifestyle score is made up of 5 sections; nutrition, activity, toxins (alcohol and smoking), work-life balance and sleep. Understanding this, and where your strengths and weaknesses sit, is the first step to creating a healthier lifestyle. Each lifestyle section impacts on the others. For example, good quality sleep will help you eat healthier and exercise at a higher intensity. Getting enough physical activity will improve your work-life balance and sleep quality. This report will give you personalized, practical advice to ensure you take a holistic approach to your new and improved lifestyle. So you can get out there and live your best life.



The following chart shows you how you scored in each of the lifestyle sections. Check out each section of this report to get a more detailed understanding of where you are today, where you need to get to, and how you can get there.



NUTRITION

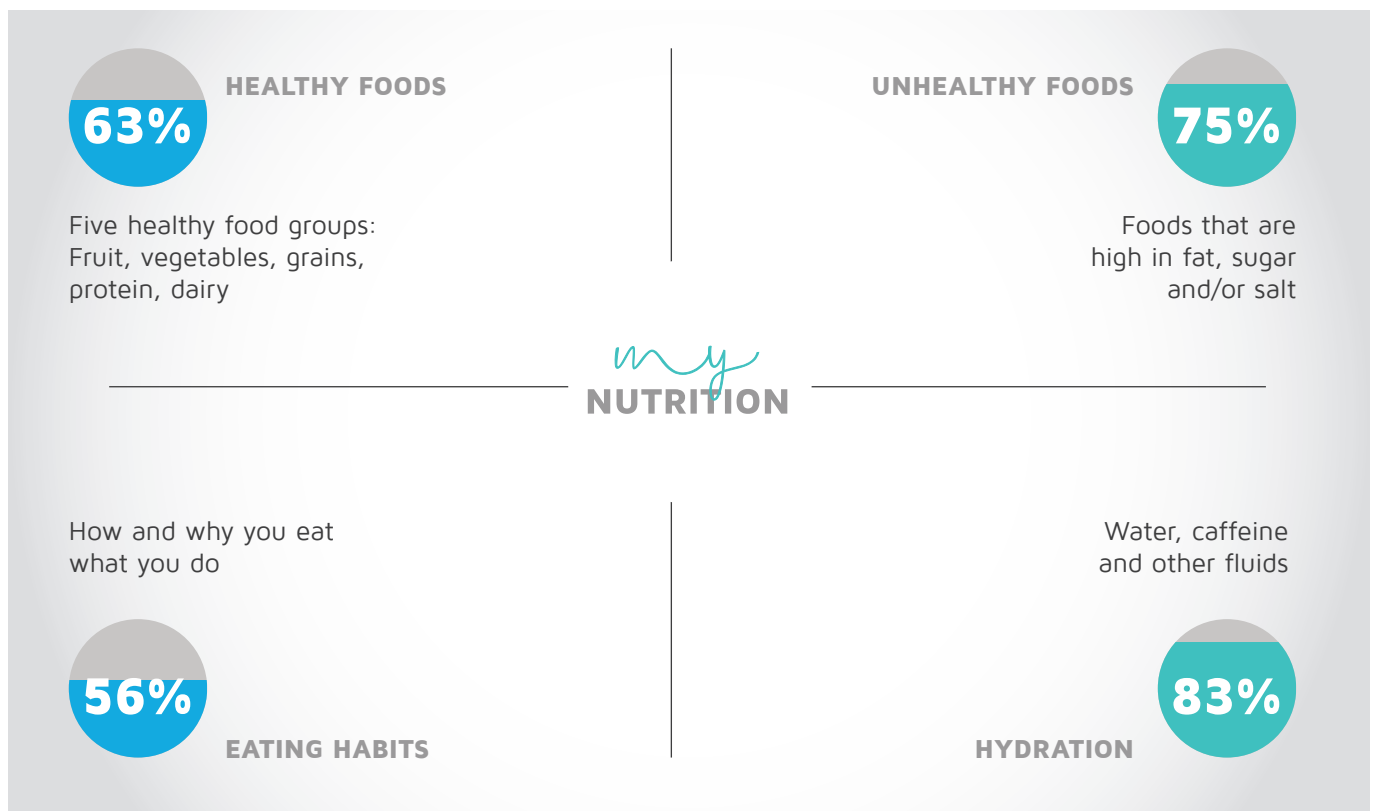


WHY DOES NUTRITION MATTER?

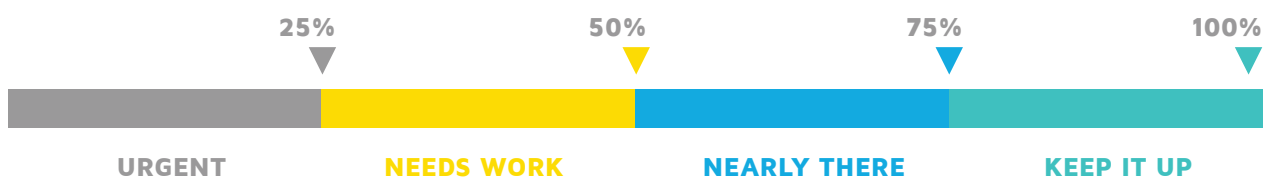
Good nutrition is the cornerstone to good health. Eating well will give you more energy, help you manage your weight, and help prevent chronic health conditions. The following nutrition report is tailored to you based on your lifestyle questionnaire. It shows you your strengths and weaknesses, as well as some personalized tips on how you can improve your eating habits.

UNDERSTANDING MY NUTRITION SCORE

Your nutrition score is made up of four (4) elements



SCORE KEY



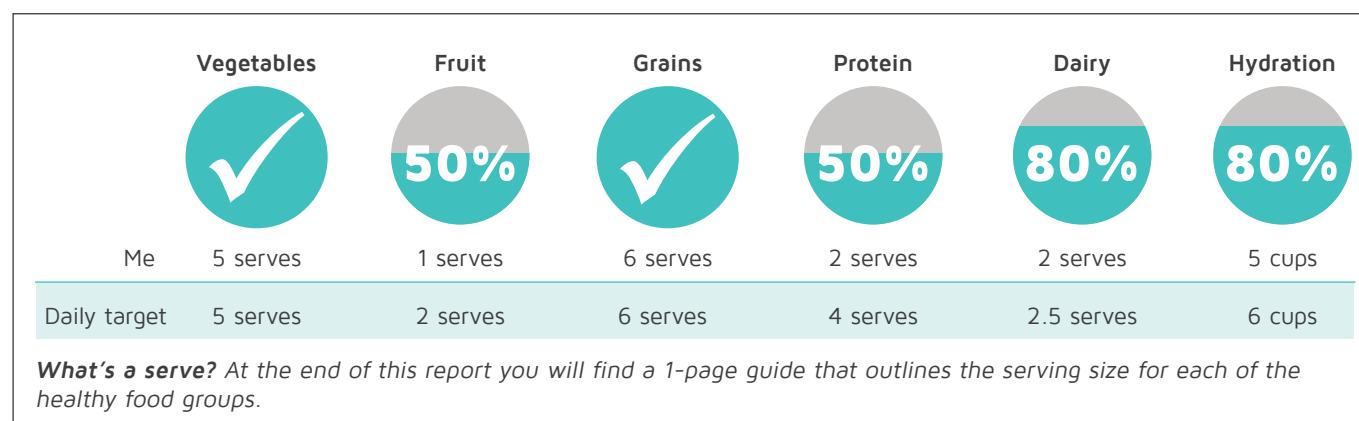
YOUR LOGO
HERE

MY PERSONALISED NUTRITION ADVICE

With so much conflicting information about what foods we should and shouldn't be eating, it is easy to get confused when it comes to nutrition. But good nutrition shouldn't be confusing. In fact, it is as easy as **1, 2, 3...**

STEP 1. EAT ENOUGH HEALTHY FOOD

By simply focusing on consuming the recommended amount of healthy food, you will ensure that your body is getting exactly what it needs. And by filling up on these healthy foods, you are less likely to overeat on unhealthy foods. Your goal is to hit 100% for each of the following healthy food groups:



STEP 2. EAT LESS UNHEALTHY FOOD

Based on your lifestyle assessment, here is your prioritised list of food to try and eat less of. This list is calculated based on how "ready" you are to reduce your intake of the different types of unhealthy food. To keep things nice and simple, we have kept it to 3-4 foods. The next time you complete your lifestyle assessment, you will get a new list of foods to focus on.

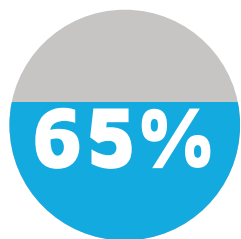
1. Unhealthy food 1
2. Unhealthy food 2
3. Unhealthy food 3
4. Unhealthy food 4

STEP 3. IMPROVE YOUR EATING HABITS

Your lifestyle assessment has also identified the following behaviours as opportunities for improvement. Discuss with your health professional about ways to address the following habits:

1. Behaviour 1
2. Behaviour 2
3. Behaviour 3
4. Behaviour 4
5. Behaviour 5

ACTIVITY



WHY DOES ACTIVITY MATTER?

Our modern lifestyle makes it very difficult to be physically active. In a quest to make our lives as comfortable and convenient as possible, we have also created a mentality of 'less effort is best'. To put our modern lifestyle in perspective, activity levels were up to 2.3 times greater in early Australian settlers (150 years ago) compared to today¹. This difference is the equivalent of walking up to 16km more per day.

So you can see that within an extremely short time in history, technology has made our lives increasingly sedentary. Yet, we have bodies that have adapted over 40,000 years in an environment nothing like this modern lifestyle. As a result, our inactive lifestyle has been linked to a range of diseases such as the rising incidence of diabetes and heart disease.

By incorporating activity into your daily schedule, you will enjoy the following health benefits²:

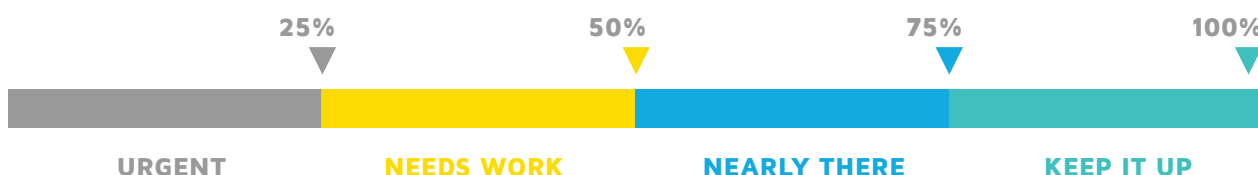
- Reduce your risk of (or help manage) heart disease
- Reduce your risk of (or help manage) type 2 diabetes
- Maintain and/or improve your blood pressure, cholesterol and blood sugar levels
- Reduce your risk of, and assist with rehabilitation from, some cancers
- Help prevent unhealthy weight gain and assist with weight loss
- Build strong muscles and bones
- Help prevent and manage mental health problems.

UNDERSTANDING MY ACTIVITY SCORE

Your activity score is made up of 2 components:



SCORE KEY



**YOUR LOGO
HERE**

1. Egger, GJ, Vogels, N, Westerten, KR, Estimating historical changes in physical activity levels, MJA 2001; 175: 635-63

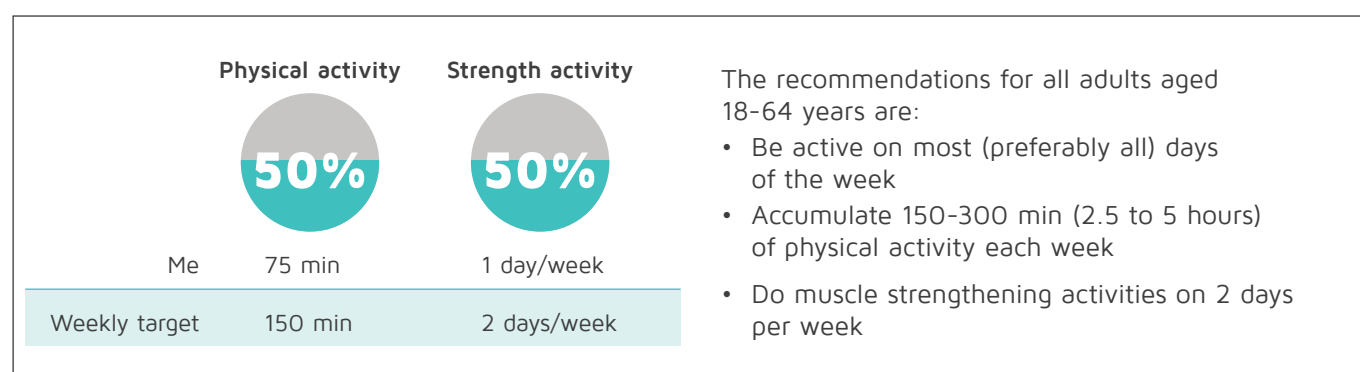
2. Australian Government Department of Health. Make your Move- Sit less be Active for Life! Commonwealth of Australia. 2014.

MY PERSONALISED ACTIVITY ADVICE

The following advice is based on Australia's Physical Activity and Sedentary Behaviour Guidelines.

STEP 1. GET MOVING

You are currently doing less than the recommended amount of physical activity each week:



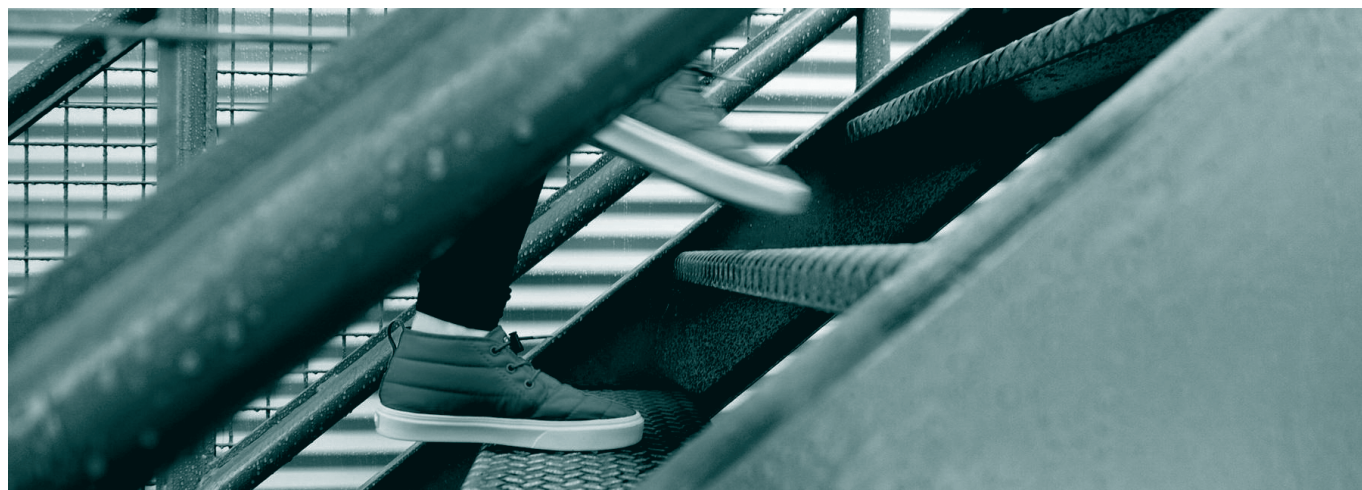
Tips to achieve the recommended activity level:

- Perform at least 30 min of physical activity on 5 days of the week
- Find an activity you enjoy and invite friends to make it more enjoyable
- Do 15 min of vigorous exercise before breakfast every day.

A time saving tip: *vigorous intensity activity is worth twice as much as moderate intensity activity e.g. 15 min of jogging or fast cycling is worth 30min of brisk walking or raking leaves.*

Tips to achieve 2 days of muscle strengthening activities each week:

- Body weight exercises like push-ups, squats or lunges at home
- Get a Personal Trainer
- Perform tasks around the house that involve lifting, carrying or digging.



STEP 2. SIT LESS

Research is showing us that sitting for too long throughout the day leads to poor health, even if we are accumulating the recommended 150 min of physical activity each week. We must break up long periods of inactivity by seeing movement as an opportunity, not an inconvenience.

Tips to help you sit less:

ACTIVE TRAVEL

- For short trips, walk or cycle and leave the car at home
- For longer trips, walk or cycle part of the way (e.g. get off the train/tram/bus a stop early)
- Use the stairs instead of the lift or escalator
- Park further away from your destination and walk.

ACTIVE AT WORK

- Walk to deliver a message rather than emailing or making a phone call
- Leave your desk at lunch time and enjoy a short walk outside
- Organise walking meetings
- Set an alarm on your computer to remind you to stand up more often.

STEP 3. IMPROVE YOUR ATTITUDE TO EXERCISE

Your lifestyle assessment has identified the following behaviours and attitudes that may be getting in the way of you being as active as you can be. Discuss with your health professional about ways to address the following attitudes:

1. Attitude 1
2. Attitude 2
3. Attitude 3
4. Attitude 4
5. Attitude 5



SMOKING



NONE IN THE PAST YEAR











Well done for not smoking. Smoking is one of the worst things you can do for your health.

You may find the following information useful to share with a family member or friend that smokes.

Smoking harms nearly every organ in your body. When you smoke, you inhale about 7,000 chemicals; over 60 of these are known to be cancer-causing. Quitting is the best thing you can do for your health, but it's hard and you will probably fail a couple of times before quitting for good. But with the right plan and support, you will eventually succeed.

It is important to note that cutting down without stopping does not reduce harm in the long term.

HEALTH BENEFITS OF QUITTING SMOKING

 6 HOURS	Your heart rate slows and your blood pressure becomes more stable	 1 YEAR	Your lungs are now healthier and you'll be breathing easier than if you'd kept smoking
 1 DAY	<ul style="list-style-type: none"> Almost all of the nicotine is out of your bloodstream. The level of carbon monoxide in your blood has dropped and oxygen can more easily reach your heart and muscles. Your fingertips become warmer and your hands steadier. 	 2-5 YEARS	<ul style="list-style-type: none"> There is a large drop in your risk of heart attack and stroke and this risk will continue to gradually decrease over time For women, within five years, the risk of cervical cancer is the same as someone who has never smoked
 1 WEEK	<ul style="list-style-type: none"> Your sense of taste and smell may improve. Your lungs' natural cleaning system is starting to recover, becoming better at removing mucus, tar and dust from your lungs. You have higher blood levels of protective antioxidants such as vitamin C. 	 10 YEARS	Your risk of lung cancer is lower than that of a continuing smoker (provided the disease was not already present when you quit)
 3 MONTHS	<ul style="list-style-type: none"> You're coughing and wheezing less. Your immune system is beginning its recovery so your body is better at fighting off infection. Your blood is less thick and sticky and blood flow to your hands and feet has improved 	 15 YEARS	Your risk of heart attack and stroke is close to that of a person who has never smoked
 6 MONTHS	<ul style="list-style-type: none"> You are less likely to be coughing up phlegm. You're likely to feel less stressed than when you were smoking 		Cutting down without stopping does not reduce harm in the long term

MY READINESS TO QUIT

You want to quit smoking. Congratulations, this is an important first step.

You have set your 'Quit date' for:



MY CONFIDENCE TO QUIT



You aren't very confident about quitting. You have identified the following as barriers:

- Withdrawal symptoms
- Stress
- Weight control.

Quitting smoking is tough, and professional help from your doctor and/or a support program will strongly improve your chance of succeeding. Support can be obtained from:

- Your partner or friend
- Doctor
- Quitline: Phone 13 QUIT (13 7848).

On average, less than 5% of smokers who attempt to quit smoking on their own (with no support, help, medication or special strategies) succeed.

AM I ADDICTED TO NICOTINE?



You have a high probability of nicotine addiction or dependence. With support from health professionals and medication (e.g. nicotine replacement therapy and/or some other medication) your chance of success is greatly improved.

Smokers who are nicotine addicted or dependent are much more likely to be successful in quitting if they are assisted by some form of medication.

STOPPING SMOKING IS A 3-STEP PROCESS

STEP 1. WITHDRAWAL FROM NICOTINE

Medication, either nicotine replacement (e.g. patches, lozenges or gum) or other medication prescribed by your GP such as bupropion (Zyban), can be very effective in overcoming addiction to the nicotine in cigarettes.

STEP 2. BREAKING THE HABIT

The Quit program and book will give you lots of practical tips, such as delaying cigarettes or substituting with another action (drink water, try deep breathing, do something else).

Phone Quitline on 13 QUIT (13 7848)

STEP 3. DEALING WITH THE PSYCHOLOGICAL ASPECTS OF SMOKING

For many people, smoking has become like a friend or part of your life. You may rely on nicotine to help you deal with emotions, but you can learn to cope effectively without smoking.



MY READINESS TO QUIT

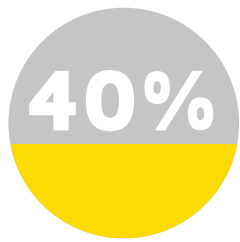
You are not interested in quitting at the moment. It is worth exploring:

- What would need to happen to make you keener to quit?
- The costs of smoking?
- The effect smoking has on your health?
- Make a list of what you like and dislike about smoking, to help you understand what the decision to quit means to you:

	LIKE	DISLIKE
SMOKING		
QUITTING		

When you are ready to quit smoking, come back and redo this lifestyle questionnaire. You will then be given some personalized information about the quitting process

ALCOHOL



WHY DOES MY ALCOHOL INTAKE MATTER?

Many of us enjoy having a drink, and when enjoyed in moderation, alcohol can form part of a healthy lifestyle. However excessive drinking can have harmful effects on your health.

HEALTH EFFECTS OF EXCESSIVE ALCOHOL INTAKE

BRAIN

Slows down the central nervous system. May cause alcohol related brain impairment (ARBI) or brain injury.



IMMUNE SYSTEM

Temporarily suppresses the immune system, making you more susceptible to illness.



LIVER

Fatty liver, which affects liver function. Continued heavy drinking may result in hepatitis or permanent scarring (cirrhosis).



PANCREAS

Alcohol pancreatitis.



KIDNEYS

Alcohol is a diuretic, acting on the kidneys to make you urinate more often. Your kidneys have to work harder to remove toxins.



SKIN

Dehydrates your skin, creating poor skin texture and wrinkles.



MENTAL HEALTH

Disrupts chemicals in the brain, contributing to depression and anxiety.



HEART

Long-term, heavy alcohol intake can increase your risk of heart disease.



STOMACH

Irritates the stomach lining causing nausea, vomiting and diarrhoea. Associated with increased risk of stomach cancer.



BOWEL

Bowel irritation and can trigger symptoms of irritable bowel syndrome.



FEMALE REPRODUCTION

Effects the menstrual cycle and ovulation, making it difficult to conceive a baby.



MALE REPRODUCTION

Decreases sex drive and performance and may lead to fertility problems.



CANCER

Alcohol consumption is one of a number of factors linked to the following cancers:

- Upper digestive tract
- Liver
- Breast
- Colorectal
- Kidney

UNDERSTANDING MY ALCOHOL SCORE



Your alcohol intake is in the intermediate risk category. Your level of drinking could be a risk to your health and well-being. Consider cutting down your alcohol intake.

MY HEALTHY ALCOHOL PLAN

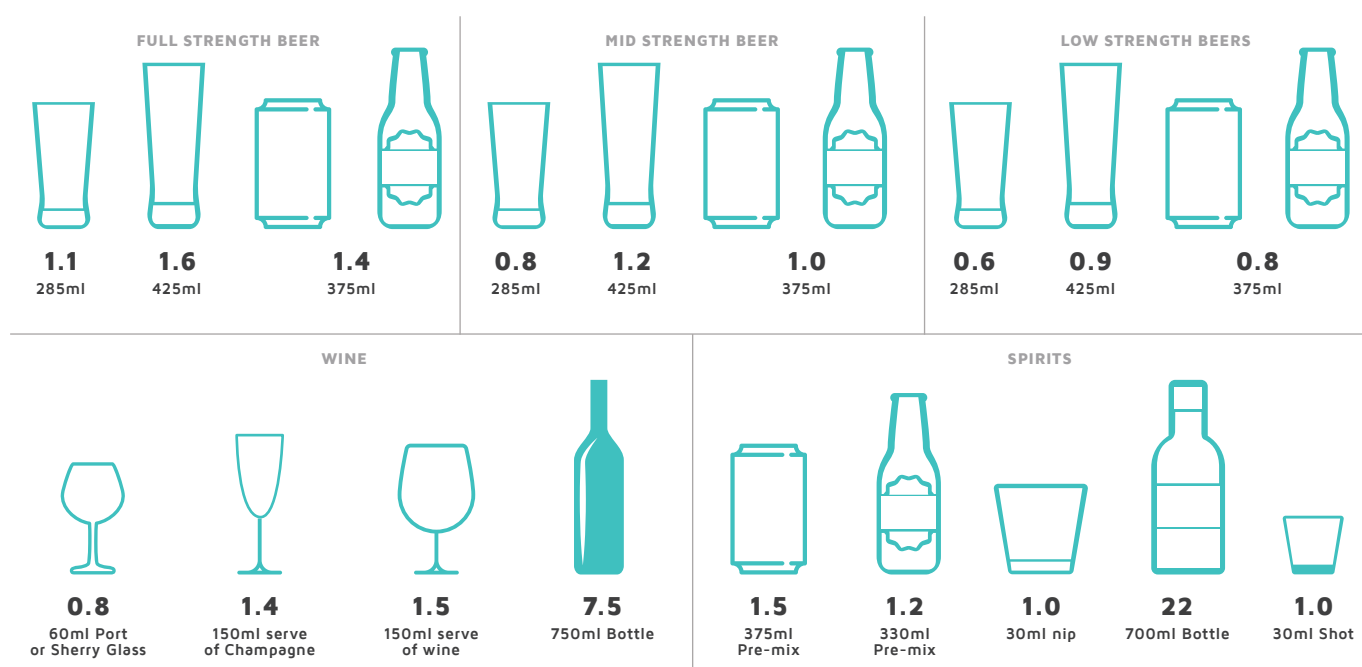
The following advice will assist you with reducing the risk to your health from excessive alcohol consumption:

STEP 1. KNOW THE RECOMMENDED DRINKING LEVEL

To reduce your risks of short-term and long-term health effects, the guidelines state¹:

- Aim for at least 2 alcohol-free days per week
- Aim for no more than 2 standard drinks per day on average
- No more than 4 standard drinks on a single occasion
- For women who are pregnant, considering pregnancy or breastfeeding, not drinking at all is the safest option for your baby.

What is a standard drink? Remember, standard drinks are small. Most drinks are bigger than 1 standard drink:



STEP 2. COMPLETE A DRINK DIARY

It is easy to underestimate how much you are drinking each week. It is useful to complete a 'drink diary' over a 2-week period to gain a better understanding of how much you are drinking. Document the type and quantity of alcohol you drink each day over the 2 weeks.

Remember to convert your beverages to "standard drinks" using the guide on the previous page:

E.g. Wed 26th June: 3 x 375mL stubbies of full-strength beer
 = 3 x 1.5 Standard Drinks
 = 4.5 Standard Drinks

STEP 3. PRACTICE SAFE DRINKING BEHAVIOR

The following tips will help you to keep to the recommended drinking guidelines:

- Don't drink alcohol to quench your thirst. Use non-alcoholic drinks.
- Use spacers (alcohol free drinks) between alcoholic drinks to prevent excessive alcohol consumption.
- Drink low alcohol beverages.
- Count your drinks, keeping within the recommended guidelines.
- Don't refill your glass until it is empty.
- Don't gulp drinks. Take smaller sips.
- Eat before drinking. Food helps slow down the rate of alcohol absorption into your body.
- Avoid drinking in rounds or keeping up with others. If necessary, buy the first round then opt out and buy your own drinks from then on.
- Don't drink if you are pregnant. It may damage the health of your unborn child.
- Don't drink if you are operating machinery, you put your fellow workers as well as yourself at risk.
- Don't drink to cope with stress. Exercise, relaxation, meditation or talking to friends are safer ways of coping.
- Have answers ready for times when you are encouraged to drink more than you want, like:

No thanks, ...

- I'm driving
- I have to get up early in the morning
- I've had enough
- I'm on a training program
- I'm taking medication
- I'm watching my weight/waistline

PRACTICE SAFE DRINKING BEHAVIOR

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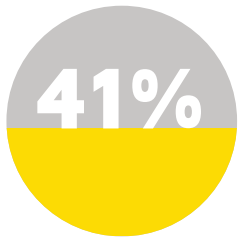
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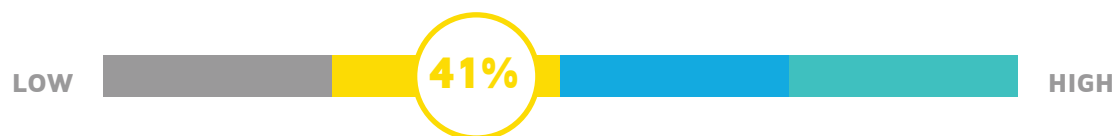
WORK-LIFE



WHY DOES WORK-LIFE MATTER?

Balancing work commitments (paid employment or stay-at-home responsibilities) with lifestyle needs (health, pleasure and leisure) is critical to a healthy lifestyle. Getting this balance right is becoming increasingly challenging in our modern world. A chronic imbalance between work and lifestyle needs can result in many troublesome physical and emotional problems.

UNDERSTANDING MY WORK-LIFE SCORE



Your work-life balance has been assessed as less than ideal. This may lead to increased stress levels. We get stressed when there is an imbalance between the demands being made on us, and our resources to cope with those demands. The level and extent of stress a person may feel depends a great deal on their attitude to a particular situation. An event that may be extremely stressful for one person can be a mere hiccup in another person's life. Stress is not always a bad thing. Some people thrive on stress and even need it to get things done.

FACTORS THAT IMPROVE WORK-LIFE BALANCE

- Spending less than 40 hours at work each week (including study time)
- Being satisfied with your job or role
- Having a supportive work/home environment
- Having a secure income
- Having positive feelings going to work each day

TIPS ON HOW TO COPE WITH STRESS

The following strategies will help you manage the stress in your life:

- Exercise
- Spend quality time with family and friends
- Participate in social activities outside of work
- Make time just for yourself doing what you enjoy
- Speak to someone about your stress- family, friends, teacher, doctor, counselor
- Relaxation techniques (e.g. yoga, meditation, deep breathing exercises)
- Avoid smoking, alcohol and caffeine
- Give and receive affection
- Eat a healthy diet

If you are finding that you are struggling to cope with the stressors in your life, it is very important to discuss this with your loved ones, or a health professional, before it starts to impact on your physical or mental health.

SLEEP



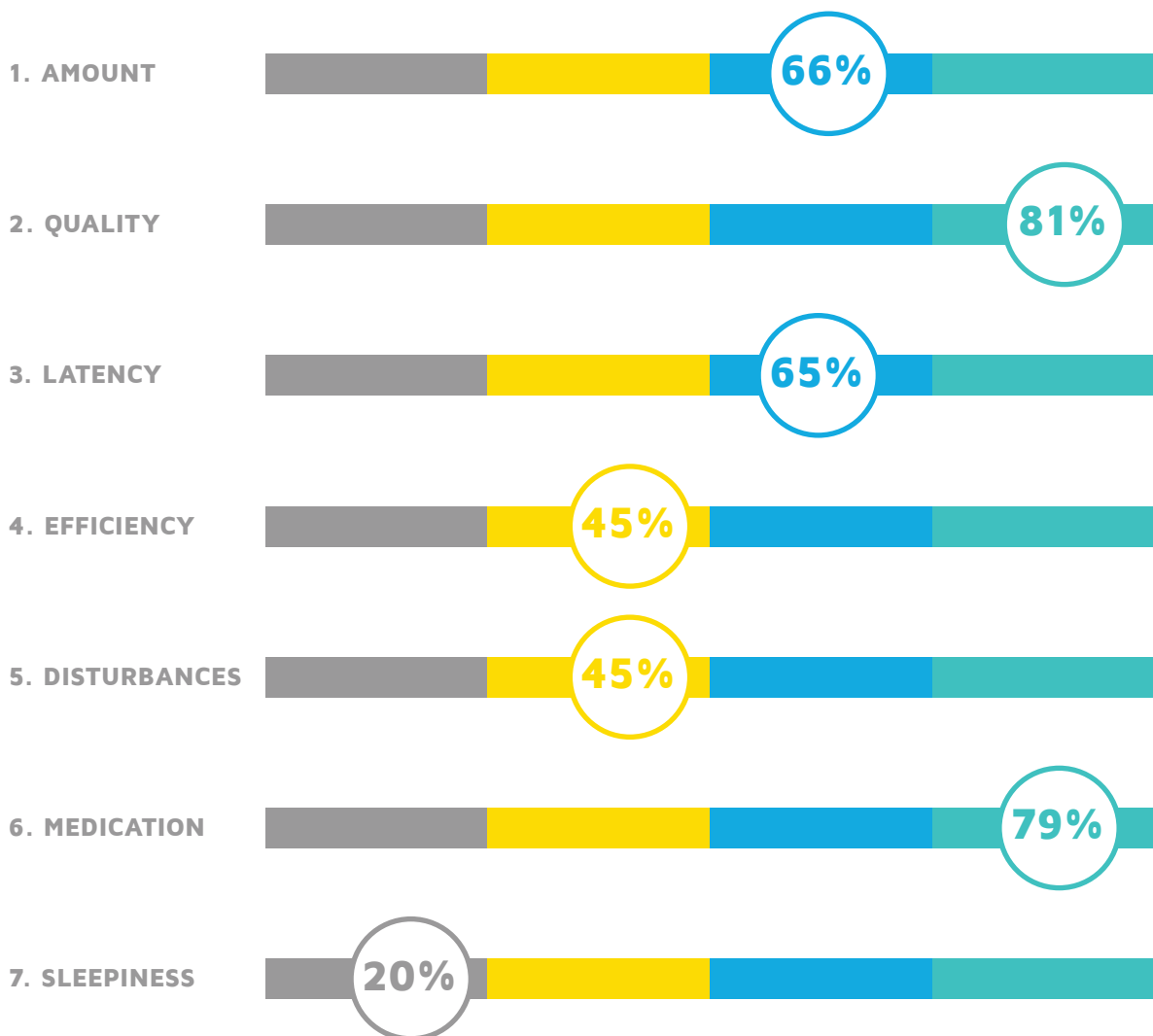
WHY DOES SLEEP MATTER?

Healthy sleep habits are critical to good health. Getting good quality sleep goes beyond simply feeling refreshed the next day. Research has shown that poor quality sleep can increase your risk of medical conditions such as heart disease, high blood pressure, obesity, and even fatal accidents.

UNDERSTANDING MY SLEEP SCORE

Your overall sleep score indicates that you are experiencing some difficulties with your sleep.

Your sleep score is made up of 7 components. See the next page for a brief description of each component.



THE 7 SLEEP COMPONENTS EXPLAINED

1. SLEEP AMOUNT

This is the amount of sleep you average each night.

Congratulations, you are currently averaging X hours of sleep per night. The recommended amount of sleep for adults each night is 7-9 hrs.

2. SLEEP QUALITY

This is how restful you feel your sleep has been. It is important because no matter how many hours of sleep you get, if you don't feel rested, it will affect you during the day.

3. SLEEP LATENCY

This is the length of time it takes for you to fall asleep after going to bed.

4. SLEEP EFFICIENCY

This is the proportion of time that you are asleep compared to the amount of time spent in bed. This is slightly different to 'sleep latency' because it's based on all the time spent awake in bed, not just the time before falling asleep. For example, you may wake up in the middle of the night and have difficulty getting back to sleep.

5. SLEEP DISTURBANCES

These are conditions or factors that affect your sleep.

6. SLEEP MEDICATION

Sleep medications (such as sleeping pills) can help you get to sleep and are useful in certain situations. But they can actually make the quality of your sleep worse.

7. DAYTIME SLEEPINESS

This relates to how difficult you find it to stay awake when performing activities of daily living.

It is unlikely that you have a sleeping problem if you are functioning well throughout the day.

MY ADVICE FOR IMPROVING SLEEP QUALITY

The following tips will help improve the quality of your sleep in each of the 7 sleep components:

- Keep the same bedtime and wake-up times, even on weekends. This helps regulate your body's clock and helps you fall asleep and stay asleep for the entire night.
- Performing a relaxing bedtime ritual will help separate your sleep time from activities that can keep you awake. For example, make a to-do list for the next day, or try deep breathing exercises.
- Avoid naps during the day. If you are going to have a nap, keep it to 20min and before 3pm.
- Exercise daily (but try not to exercise too close to bedtime)
- Set-up your room for optimal sleep:
 - Cool temperature 16 to 20 degrees C
 - Quiet (use ear plugs if needed)
 - Dark (use eye masks if needed)
 - Comfortable mattress (quality mattresses have a 9-10 year life expectancy)
- Use light to manage your circadian rhythm (body clock)
 - Avoid bright light in the evening
 - Expose yourself to sunlight in the morning
- Avoid alcohol, cigarettes and heavy meals in the evening. Instead try a warm milky drink (milk contains a sleep-enhancing amino acid)
- Wind down. Spend the last hour before bed doing a calming activity (e.g. reading or taking a warm bath)
- Avoid electronic devices before bed. The type of light these devices emit is stimulating to the brain.
- If you can't fall asleep, get out of bed and do something relaxing until you feel tired. Then try again.
- Only use your bed for sleep and sex. This strengthens the association between bed and sleep. Try not to take work materials or computers to bed.