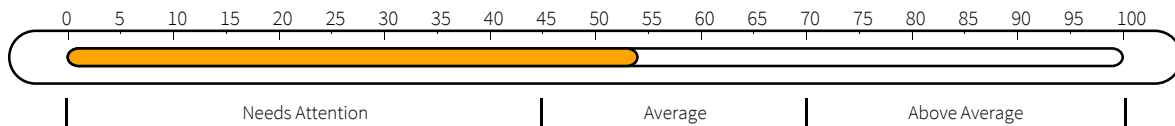


PHYSICAL HEALTH - GENERATING VITALITY

Our health and vitality can be maintained by creating good health habits related to the paradoxes of this sphere. Our doctors cannot do these things for us. The value in parenthesis is your score for that characteristic.

Your Overall Health Indicator is = 54



Exercising (3.3)

To support your health with regular physical exercise

Energy (6.7)

To have vitality and stamina

Moderate Eating (3.4)

To eat a moderate or healthy amount of food

Restful (6.4)

To maintain a sufficient amount of relaxation and sleep

Stress Management (7.1)

The tendency to be relaxed and manage stress well when it occurs

Healthy Diet (6.2)

To take care to eat healthy food

REJUVINATION (Exercising and Restful): To rejuvenate yourself you need regular exercise and sufficient rest. Exercising without sufficient rest creates stress on your body and resting without regular exercise makes your body sluggish and less healthy.

Your tendencies for this paradox are: You tend to exercise very little, which will cause health problems. Exercising more regularly will help your health. You usually tend to get a moderate amount of rest. While this could be improved, it is probably not negatively affecting your health.

VITALITY (Energy and Stress Management): To maintain your vitality you need to manage your energy while at the same time manage stress. Avoid depleting your energy through excessive exercise, excessive work, excessive sexual activity or exposure to toxic chemicals. Learn to understand your stress indicators and deal with situations before they become overly stressful.

Your tendencies for this paradox are: You tend to have a reasonable amount of energy. Your ability to manage stress is a support to your health. Sarah, your strong energy combined with your ability to manage stress are two important keys to your health.

NOURISHMENT (Moderate Eating and Healthy Diet): To nourish your body, you need to eat healthy clean food and avoid excessive sweets, smoking, and no more than a small amount of alcohol. In addition, you need to eat moderately.

Your tendencies for this paradox are: You probably have trouble eating moderately which can significantly hinder your health. You tend to partially eat a healthy diet. Sarah, your healthy diet loses most of its health value due to overeating.

In Conclusion

Overall, your vitality is strong and your health habits are partially good. It could be beneficial to put more attention in this area and possibly get some support from a friend who wishes to do the same.