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How to eat move and be healthy questionnaire pdf file

Nutrition Questionnaire
NMC Adult Weight Management

Please answer each of the questions below to help the Registered Dietitian have a better understanding of your needs.

Date: ___/___/___ Name: _____ Sex: _____ Age: _____

Medical History

- Check the following medical conditions you have been diagnosed with:

<input type="checkbox"/> Heart disease	<input type="checkbox"/> Sleep apnea
<input type="checkbox"/> Heart attack	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Cardiovascular disease	<input type="checkbox"/> Thyroid condition
<input type="checkbox"/> Stroke	<input type="checkbox"/> GI disorders
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Gall bladder disease
<input type="checkbox"/> High cholesterol	<input type="checkbox"/> Renal disease
<input type="checkbox"/> High triglycerides	<input type="checkbox"/> Liver disease
<input type="checkbox"/> Metabolic syndrome	<input type="checkbox"/> Cancer
<input type="checkbox"/> Asthma/Respiratory problems	<input type="checkbox"/> Other: _____
- List all medications: _____
- Vitamin, mineral, or other dietary supplements: _____
- List all known allergies: _____

Social History

- Do you smoke?
 - No
 - Yes, how many in a typical day? _____
- Do you drink alcohol?
 - No
 - Yes - How many times during the week? _____ How many drinks at a time? _____
- Describe your family -- number of people who live with you and their relationship to you
 - Marital status: ___ Married ___ Single ___ Widowed ___ Divorced ___ Separated
 - Children: How many _____ ages _____
 - Other -- describe: _____

Weight history

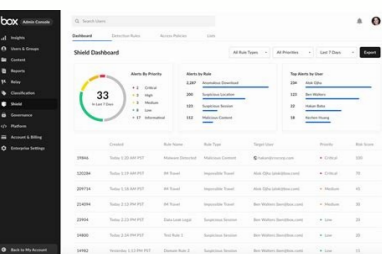
- Are you concerned about your weight?
 - No (skip to question 10)

Eating the right food can improve your wellbeing!
Information about eating the right food

- Eating the right foods can improve wellbeing and reduce stress and anxiety.
- One Life Suffolk can provide lots of information to support you to be healthy, including information about:
 - Eating and Healthy Weight
 - Weight Support
 - Eating for Wellbeing
 - Eating Out: Cafes, Restaurants and Takeaways
- Find out more about eating right here: <http://onelifesuffolk.co.uk/eat-well>

#OKNotToBeOK

Figure 4.
The Half Plate Rule and the Half-Cart Both Suggest Larger Portion Size Norms for Fruits and Vegetables



How to eat move and be healthy questionnaire.

Last Monday I published an article about the 4 Doctors Framework created by Paul Chek, one of my dear teachers. In this piece, I would like to share my thoughts about How to Eat, Move and Be Healthy. This is the second edition of Paul's best-selling book and includes an updated preface with the 4 Doctor Approach explained and integrated into the How to Eat, Move and Be Healthy! program. In How to Eat, Move and Be Healthy! Chek shares his approach to achieving a healthy, balanced lifestyle while dropping pounds and reshaping your body. Use the coupon code 'embhSpecial' at checkout. Resource Links: MORE FROM SYMPTOMFIND.COM I consider this book as the Holistic Wellbeing and Lifestyle bible together with Healing with Whole Foods by Paul Pitchford. — Matt Banks, Personal Trainer. USA This book need not be read from cover to cover! Just as each of us is unique, each reader will use this book in different ways. Just \$3.95! This book has been called the bible of nutrition and movement – with good reason! You'll be hard pressed to find any other book that provides such a comprehensive and effective approach to creating a personalized, holistic approach to reaching your health goals. Your immune system needs copper to defend against bacteria. Poultry (like chicken and turkey) has zinc, which helps your body fight infections and heal wounds. Chickpeas are a top choice for plant-based protein that they have iron, zinc, vitamin B6 and folate. Nuts and seeds (like almonds, Brazil nuts and sunflower seeds) are a great source of vitamin E and also offer antioxidants and healthy fats. This is an engaging book with lots of diagrams that illustrates key concepts and make it fun to learn. It also has vitamin B6, which helps produce white blood cells and T-cells that regulate immune responses. Oily or fatty fish (like salmon, tuna and sardines) have vitamin B6 and vitamin D, which has an anti-inflammatory effect and helps immune cells function. Shellfish (like crab, lobster and mussels) has zinc. The Questionnaires in Section 1 will guide you through the rest of the book so you can select and read the chapters that are most applicable and interesting to you. Step 4 Fine-tune a healthier lifestyle that fits YOUR routine. Normally this e-Book would sell for \$24.95, but we want to empower you to reach your health goals – whatever they might be... which is why Paul is going to teach you these techniques... all for just \$3.95 (available for a limited time only). For example, the following nutrients are key to supporting your immune system: Iron ZincFolate (also called folic acid) SeleniumCopperVitamins A, B, C, D and EProbiotics You can get these nutrients from a healthy, varied diet including plenty of fruits and vegetables, animal and plant-based proteins, and dairy products or fermented foods. Read on for some examples of foods with essential nutrients for a healthy immune system. Just remember that there's no specific diet you need to follow to get these nutrients. Sunflower seeds have selenium, vitamin E and vitamin B6. Paul Chek wrote eleven books, including The Tennis Biomechanic's Manual and The Golf Biomechanic's Manual. Red meat (like beef and lamb) is high in iron, which helps your immune cells spread to fight infections. Paul Chek describes how our circadian rhythm works, the role of cortisol and repair-growth hormones (i.e. melatonin) and how important it is for us to live more aligned with the cycles of nature (i.e. sunrise and sunset) and to catch the melatonin wave for better sleep quality and general health. The result is a customized plan of action, that shows you how to eat and move to attain and maintain your optimal level of health and performance. Ancient traditions like Chinese Medicine and Ayurveda place a huge importance to our digestive system function for the diagnosis of general health. How to Eat, Move and Be Healthy! contains a proven four-step program that has helped thousands of people achieve their health and fitness goals. How Probiotics From Dairy or Fermented Foods Can Help Dairy products are also good for your immune health since many contain probiotics. Each protein also contains a range of other essential vitamins and minerals. This book reveals techniques and secrets previously available only to Paul Chek's clients and students. Probiotics are live microorganisms or "good" bacteria that help digestion and support your immune system. Step 3 Build a personalized exercise program that fits YOUR needs. And plant-based proteins like beans have folate, which is key to healthy blood cells. You can get the immune support you need from any varied, balanced diet that includes a range of healthy foods. Testimonials How To Eat, Move and Be Healthy! is the best book that I have ever read! I am convinced that there is no other place but the BIBLE to find the kind of wonderful life changing information found in How To Eat, Move and Be Healthy! The Zone exercises have also been updated and the rotation diet explained in more depth. How Protein Foods Can Support Immunity Many protein sources contain selenium, an antioxidant that reduces inflammation and supports immunity. But can certain foods really improve how well your immune system works? In addition to the above topics, Paul Chek covers many more concepts including the following: Case studies You are what you eat Metabolic Typing and the "No-Diet" Diet 3 exercise programs | Energiser, Vitaliser and Performance A nutritional and lifestyle questionnaire for self-assessment A comprehensive series of exercises using a swiss-ball, one of his favourite props The 5 Sources of Stress | Physical, Chemical, Electromagnetic, Mental and Nutritional To Learn more: #books #recommendations #wellness #longevity #health #vitality #holistichealth #wellbeing #science #zenhighachiever For the first time EVER we are making the e-Book version of Paul Chek's best-selling book available to you. Folate works together with vitamin B12 to form healthy red blood cells. But if you're going for a big burst of vitamin C, try a kiwi – it has almost twice as much as an orange. Berries (like blueberries, strawberries and elderberries) are also a good source of vitamin C and antioxidants – and it's easy to throw some berries in breakfast dishes or eat them as a quick snack. Melon-like fruits (like watermelon, cantaloupe and papaya) have good amounts of vitamins A, C, and folate. Green leafy vegetables (like spinach, kale, brussel sprouts, and broccoli) have many of the vitamins you need for immune health. For example, vaccines can teach your immune system to fight certain diseases. How Fruit and Veggies Can Support Immunity You may have heard that you should "eat a rainbow" for a healthy diet. Step 1 Complete the questionnaires to determine YOUR metabolic needs. But you can make healthy eating choices and try to get more of the foods that keep your immune system working well. Brazil nuts also have selenium and zinc, making them a good choice for nourishing your immune system. Two standouts from this bunch are spinach (high in vitamin C, E and copper) and broccoli (high in vitamin A, C, iron and antioxidants). Orange and red vegetables (like sweet potatoes, pumpkin, carrots and bell peppers) are all good sources of vitamins A and C. Other veggies (like garlic and ginger) have antioxidant and anti-inflammatory powers. Complete the questionnaires to determine YOUR metabolic needs. Develop an eating plan that's right for YOU. Build a personalized exercise program that fits YOUR needs. 4 Fine-tune a healthier lifestyle that fits YOUR routine. Step 2 Develop an eating plan that's right for YOU. Animal-based proteins like meat, fish and poultry also have vitamin A, which helps cells spread in the body as part of an effective immune response. Certain types of mushrooms like button and shitake also offer a dose of vitamin B6, selenium, zinc and copper. Put Paul's system to use and we think you'll see why. When it comes to fruits and veggies, aim for a variety of colorful options to get all the nutrients you need. Last but not least, here is another favourite illustration (although not as aesthetically appealing as the others). Oysters are a bit of an immunity superstar of the sea, as they're rich in selenium, iron, copper, zinc and Vitamin B12. In this one, Paul Chek encourages us to pay attention to our visits to the toilet, so that we can identify the bowel bandits. To learn more about the Poopie Line-up, check out this article from Paul Chek's Blog – Lessons from the Toilet. The immune system is a complex network of organs, cells and proteins that work together to protect your body from infection and diseases. This book will help you identify your individual needs and explain how to address issues that may be preventing you from looking and feeling your best. Photo Courtesy: feafotodigital/Stock You may have seen ads for miracle immunity booster foods or supplements. Vitamin B12 is important for making red blood cells. Legumes, beans and lentils (like kidney beans, edamame and chickpeas) are a good source of iron and folate. You can find probiotics in dairy products like yogurt and kefir – or in fermented foods like miso and sauerkraut. And that means getting plenty of sleep, staying active and eating a healthy balanced diet to give your body all the nutrients it needs. There's no single magical food that will boost your immune system or protect you from getting sick. Paul reveals fascinating research and airs controversial topics while providing practical suggestions for achieving peak vitality. Bowel bandits indicate an irregular or dysfunctional digestive/elimination system. Citrus fruits (like oranges, lemons and grapefruits) all provide a decent dose of vitamin C and folate. This will result in a customized plan of action, and show you how to eat and move to attain and maintain your optimal level of health and performance. The next diagram is about one of my key takeaways from the book. In case you are wondering, the Poopie Policeman (far right) represents a healthy bowel movement. When harmful bacteria, viruses or toxins enter your body, it's up to your immune system to fight them off. When it comes to "boosting" your immune system, there are a few things you can do that make a big difference. So if you really want to boost your immune system, start by keeping up-to-date on vaccines like your annual flu shot and COVID-19 vaccines. The other main way to support your immune system is to stay healthy in general. Liver meat from these animals is a good source of iron and also has the most copper per serving of any food. So these are also a good choice for immune support. You might want to check them out if you are into those sports, but Chek's best seller and my favourite is How to Eat, Move and Be Healthy. And the same is true for supporting your immune system. Paul reveals life-changing research and tackles controversial topics while providing practical suggestions for achieving your peak vitality. My favourite illustration is the one below, which shows how much easier the human liver's job was

in the 1900's compared to today when consumption of processed foods and exposure to pesticides and toxins is so high.

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