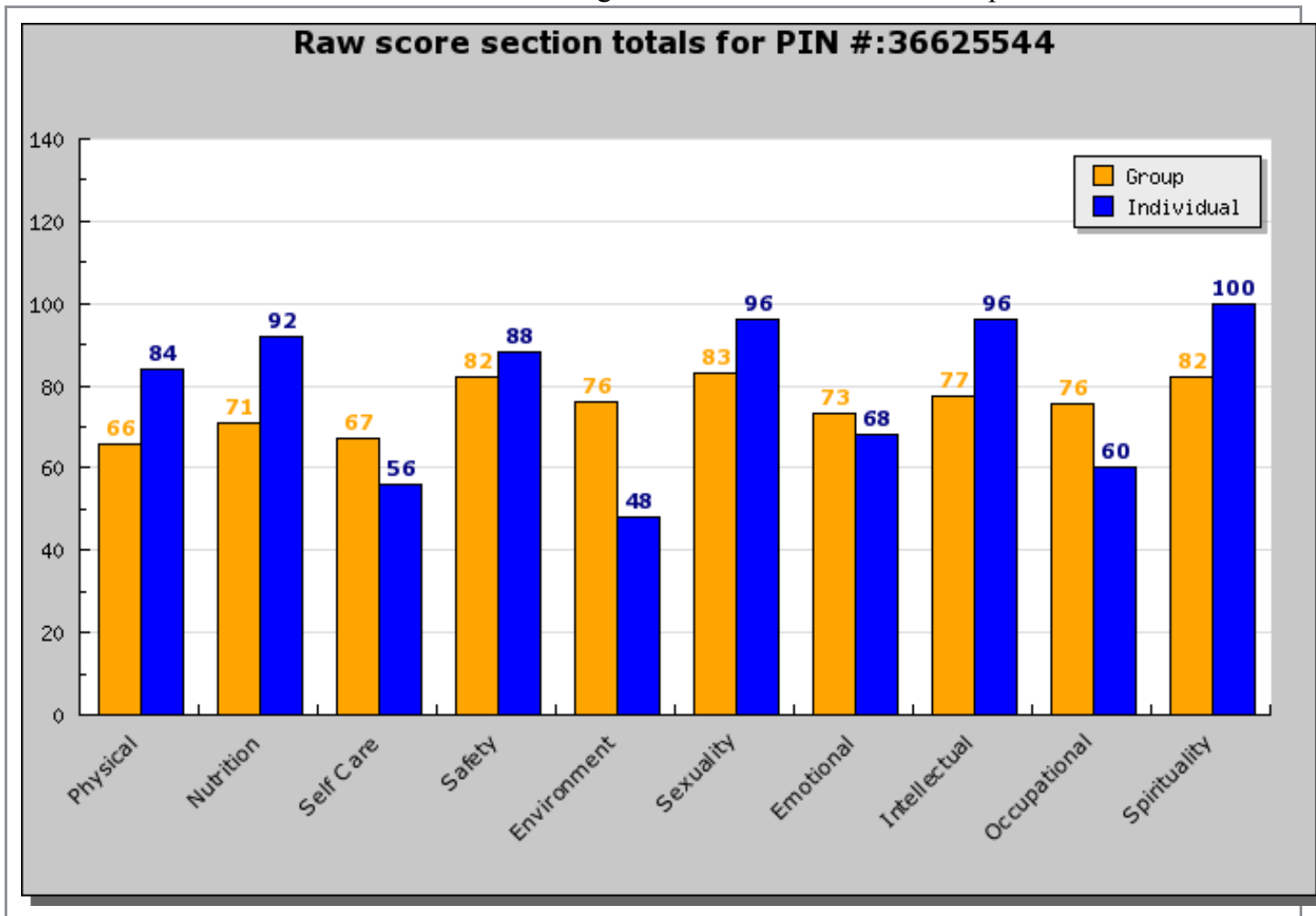


# TestWell.org Holistic Lifestyle Questionnaire

Our lives today are very complex. To maintain health, all dimensions of our lives need attention. If we invest too much of our energies in one or two of these dimensions, the others will suffer, resulting in a decrease of our overall well-being. All dimensions relate to and affect each other. For example, what happens at work often affects what happens at home. The goal of a wellness lifestyle is to continually strive for both a balance between the dimensions as well as a high level of wellness in each dimension.

<b>The overall composite is: 788 out of 1000</b>		
<b>Group:</b> nwc06hlq	<b>Education - Highest Level</b>	College
<b>Id:</b> 36625544	<b>I watch TV</b>	1 to 7 hours per week
<b>Email:</b> none	<b>I have attended the Nat. Wellness Conf.</b>	Twice before
<b>Age:</b> 34 <b>Gender:</b> male	<b>I would like more info about TestWell.</b>	Yes

This part of the report was designed to help you examine your current level of wellness in each of ten sections of wellness. The chart reflects the balance among the sections and the room for improvement in each.





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# Holistic Lifestyle Questionnaire

## Score by Section

**Physical Activity : 84**

**Nutrition: 92**

**Self Care: 56**

**Safety : 88**

**Social and Environmental Wellness: 48**

**Emotional Awareness and Sexuality: 96**

**Emotional Management :68**

**Intellectual Wellness :96**

**Occupational Wellness:60**

**Spirituality and Values : 100**

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**Overall Composite Score: 788**

Interpretation of Scores			
Section		Overall Composite	
80 - 100	Excellent	800 - 1000	Excellent
60 - 79	Good	600 - 790	Good
Less than 60	Room for Improvement	Less than 600	Room for Improvement

As you review the results, note any sections in which your group exceeded the 80th percentile. These scores will identify the strengths of your group that may be used as a foundation for improving the organization's total well being. Those scores which are lower than 60% may need careful attention as you design and implement wellness programs.

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# Holistic Lifestyle Questionnaire

**Congratulations! You have demonstrated that you are making good choices regarding your health.  
You are doing particularly well in the following areas:**

- Physical Activity : 84
- Nutrition : 92
- Safety : 88
- Emotional Awareness and Sexuality : 96
- Intellectual Wellness : 96
- Spirituality and Values : 100

**Build on the great start you have made in the preceding areas by making positive changes in the following areas:**

- Emotional Management : 68
- Occupational Wellness : 60

**It is important that you pay attention to the choices that you are making in the following areas as they need improvement:**

- Self Care : 56
- Social and Environmental Wellness : 48

Today our lives and the lives of our employees are very complex. To maintain a healthy balance, all dimensions of our lives need attention. If we invest too much of our energies in one or two of these dimensions, the others will suffer, resulting in a decrease of our overall well-being. All dimensions relate to and affect each other. For example, what happens at work often affects what happens at home. The goal of a wellness lifestyle is to continually strive for both a balance between the dimensions as well as a high level of wellness in each dimension.

### Contact Information

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