

5C COMMUNICATIVE How old is your body?

15

52

45

What's your body age?

23

41

Do the questionnaire and find out!

Exercise

- 1 How much exercise or sport do you do?
a) a lot b) quite a lot c) very little d) none

Diet

- 2 How much fast food (processed and pre-prepared) do you eat?
a) I eat too much b) I eat quite a lot c) I don't eat much d) I don't eat any
- 3 How many portions of fruit and vegetables do you eat per day?
a) 5 or more b) 3 or 4 c) 2 or less
- 4 How much water do you drink?
a) a lot b) quite a lot c) a little
- 5 What's your worst dietary habit?
a) I eat too much fat b) I eat (or drink) too many sweet things
c) I eat (or drink) too much d) none of these

Lifestyle

- 6 How would you describe yourself mentally?
a) I'm a positive person b) I'm not positive enough c) I'm quite negative
- 7 How would you describe your stress level?
a) I'm too stressed b) I'm stressed but it's under control c) I'm quite relaxed
- 8 How often do you use sunscreen?
a) when it's sunny b) only when I'm on holiday c) every day
- 9 How often do you see your close friends?
a) very often b) quite often c) not enough
- 10 How much time do you have for yourself?
a) none b) not enough c) quite a lot

FOLD

Your body age

Start with your calendar age. Add (+) or subtract (-) years according to your answers.

- 1 a-2 b-1 c 0 d+1
2 a+2 b+1 c 0 d-1
3 a-2 b-1 c+1
4 a-2 b-1 c+1

- 5 a+1 b+1 c+2 d 0
6 a-3 b+1 c+2
7 a+3 b 0 c-2
8 a-2 b 0 c+1

- 9 a-2 b-1 c+2
10 a+2 b+1 c-2