Fitness and Health

When it comes to protecting and leveraging your most precious asset (that amazing body of yours), which of the following skills do you have on your side — and which will you put at the top of your "must do" list?

Skills and Know-How	I've got this mastered!	Still working on it.	Ready to make this a priority.
1. I make room in my schedule for daily exercise and healthy eating.			
2. I know how to relax and have fun — and I'm capable of taking a break when necessary.			
3. I usually choose foods and beverages that support my health.			
4. I regularly get enough good sleep.			
5. I avoid weight-loss scams, fad diets and fitness gimmicks.			
6. I feel confident about my ability to shop for healthy groceries and to prepare convenient, nourishing meals.			
7. I've established a balanced and varied workout routine I enjoy and that keeps me fit.			
8. I know how to use a heart-rate monitor to support my fitness goals.			
9. I actively manage any current health conditions.			
10. I know how to manage my stress so that it does not harm me or those around me.			