

Rate Your Risk of Heart Disease

Helps	√	Hurts	√
Avoid Trans fats (Hydrogenated Oils)		Eat Trans Fats (Hydrogenated Oils)	
You eat and supplement with heart healthy fats such as omega 3		You don't eat and supplement with heart healthy fats such as omega 3's	
Eat High Vitamin A and Vitamin D foods, cod liver oil, grass fed free range beef		Don't eat high Vitamin A and D foods like cod liver oil and grass fed free range beef	
Eat saturated fats		Avoid saturated fats	
Avoid processed foods (white flour, white sugar)		Eat processed foods (white flour, white sugar)	
Eat 5 fruits and 5 veggies per day		Eat less than 5 fruits and 5 veggies per day	
Eat organic fruits, veggies, animal products		Eat non-organic	
Take whole food supplementation		Take isolated fractionated vitamins and minerals	
Your waist is ½ as many inches as your height or less		Your waist is more than ½ as many inches as your height	
Your Waist to Hip Ratio is less than: 0.95 for men or 0.80 for women		Your Waist to Hip Ratio is more than: 0.95 for men or 0.81 for women	
Exercise 20-140 min per WEEK		Exercise less than 20 minutes or more than 140 minutes per WEEK	
You lead an active life		You lead a sedentary life	
Systolic blood pressure 100-140		Systolic blood pressure below 100 or above 140	
Men only: Resting heart rate: Low risk: 64-69 beats/min		Men only: Resting heart rate: Mod risk: 70-75 beats/min High risk: 76-80 Above 80 = 3x risk	
You sleep 8-9 hours on average per night		You sleep less than 8 or more than 9 hours on average per night	
Have a pet		Have no pets	
Happy with your work		Unhappy with your work	
Happy marriage		Unhappy marriage	
Have good relationships within your community		Have poor relationships within your community	
You forgive others		You hold grudges	
No accidents or injuries to your spine		You've had accidents or injuries to your spine	
Under Specific Chiropractic Care		Not under Specific Chiropractic Care	