



ToFitYou

Where the mind goes  
the energy flows

# PERSONAL FITNESS TRAINING

by Birgitt Haderlein

## Heart Attack Quiz

	<b>Score</b>
<b>1. Age &amp; Sex</b>	
Male - Age	
56 and over .....	2
55 and under .....	1
Female - Age	
56 and over .....	1
55 and under .....	0
<b>2. Family History:</b> If you have a close relative (grandparent, parent, brother or sister) who has had heart disease(angina, coronary artery blockage, or a heart attack) . . .	
At age 59 or before.....	6
At age 60 or after.....	3
None of the above or don't now.....	0
<b>3. Personal Medical History:</b> If you were diagnosed with heart disease:	
At age 49 or before.....	20
At age 50 or after.....	14
<b>4. Diabetes:</b> If you were diagnosed with diabetes:	
At age 44 or before.....	12
Between the ages of 45 and 55.....	8
At age 56 or after.....	6
<b>5. Cholesterol:</b> If your count is between 150 and 199.... 3	
200 and 249 .....	6
250 and 299 .....	12
300 and above.....	14
If you don't know your cholesterol level you can estimate the amount of cholesterol in your diet. How many of the following foods do you eat in a one-week period: red meat, eggs, whole milk, cheese, and butter.	
All five.....	14
Any four .....	12
Any three .....	8
Any one .....	3
<b>6. High Blood Pressure:</b> If your blood pressure is less than:	
140 over 90 .....	0
Between 140/90 and 160/90.....	5
Higher than 160/100 .....	10
<b>7. Smoking:</b> If you smoke up to half a pack a day or have given up smoking for less than one year .....	8
1-2 packs a day .....	12
2 or more packs a day.....	16
<b>8. Weight:</b> If you are	
10 to 25 pounds overweight.....	2
Over 25 pounds overweight..	4
<b>9. Exercise:</b> If you exercise 3 or more times a week .....	0
Twice a week.....	2
Less than once a week or not at all .....	4
<b>10. Stress:</b> If you are occasionally tense or angry .....	2
Frequently tense, angry, irritable, or in a hurry .....	4

**TOTAL**

- 0-20 Points. Congratulations! You should be in good shape. Keep doing what you're doing right.
- 21-40 Points. You should consider changing your lifestyle. Should you lose a few extra pounds or start an exercise program? Look at the questions with the highest scores. They'll tell you where to start.
- 41 or higher. You have a serious risk of heart attack - if you are not now under a physician's care, you should see one very soon.