



Introduction to the Proactive Health Trends Indicator

Your answers from MyHealthInventory.com have been used to develop this assessment called the Proactive Health Trends Indicator (PHTI). The PHTI was developed according to a unique philosophy regarding every human body. The philosophy has the following three pillars:

1. The human body has a natural program for healing. To heal itself from injury and illness, the body needs sleep, rest, and recovery time.
2. Day-to-day exercise habits activate your body's ability to defend itself from the leading causes of death and disability -- especially heart attack, stroke, cancer, and diabetes.
3. We are never ill or healthy as a fixed state. Instead, we are always trending toward health or illness according to a spectrum of low or high energy. The food we eat, our social supports, and emotional lives determine the level of energy we have to fuel happy, meaningful lives.

Use this report to understand the mini habits you have now and decide how you would like to improve them over the next 90 days:

- **Read and reflect** on your current health trends ranging from illness to fitness
- **Compare** your current health trends with what you want for yourself. Do you need and want to change? If so, why?
- **Read the recommendations** to learn how you can improve on your trends
- **Focus** on what you can do right now to take incremental steps toward healthier living.
- **Share your results with those in your support network** to create stronger relationships, accountability partners, and sustain the effort you make toward healthy living.



Characteristics of the Four Health Trends

Within the Proactive Health Trends Indicator, there are four trends with characteristics that can be standardized.

I. Illness

While none of us claims to have the goal of illness, when we are not proactive in protecting our capacity for health and wellness, we can fall into the criteria that leads to an illness state. Illness is present whenever we feel unwell in our own skin, discontent with our sense of ourselves, or regular follow up in a medical office is needed to improve a health metric.

II. PreIllness

PreIllness is a trend that happens when we take well-being for granted. We rely on being young at heart rather than embracing the truth of physiologic aging. We stop paying attention. This leads to an in-between state that doesn't quite warrant medical attention but isn't our best selves either. PreIllness is the trend that occurs just before we must seek regular medical attention to prevent further decline.

III. Health

Most of us should desire health. Healthy people maintain their weight, protect healthy bones, enjoy good food and people, and thrive in life. The healthy body is able to feel energetic and the healthy mind feels secure, playful, and hopeful. While Health is often the state we presume to be trending toward, Health is instead a set of habits that prevent disease. While being defined as the absence of problems, good health is a reward for activating the body's natural programming for homeostasis by investing enough time in the prime components of well-being.

IV. Fitness

Many of us aim for Fitness as our goal. Fit people are intentional about exercising on most days. They keep meticulous track of what they value, especially rest and recovery. They plan what they eat and eat what they plan according to a set of nutrition rules specially meant for their level of effort. A fit person's mindset toward sleep is that sleep is critical, not optional. Fitness means thriving professionally and feeling supported by a robust network that returns dividends in terms of the investment of a fit person's time.

Additional Trends

Note: There are many trends beyond those covered here in the PHTI. For example, there are many trends beyond Illness. For example, one can be so ill they may need hospitalization, the intensive care unit, hospice, or a long term care facility. The PHTI is only applicable to Illness in the ambulatory setting. Likewise, there are many trends beyond Fitness. For example, one can be so athletic, they are Optimally Performing and competition on the collegiate level or one could be a Professional Athlete paid to focus on physical competition. Finally, there are Elite Athletes... those who are best in their class and whose primary identity in life is this work.



The Four Natural Capacities

Within the Proactive Health Trends Indicator, we have four well-defined natural capacities:

HEALING

Healing is your ability to heal from injury or illness. Healing is derived from the benefits of sleep enhanced by rest and ensured through recovery.

Definitions:

- **Sleep:** natural unconsciousness with an active neural architecture unimpeded by alcohol, drugs or other substances
- **Rest:** absence of productivity or play
- **Recovery:** the time needed to consolidate the benefits of sleep combined with rest

ENERGY

Energy is your ability to energize your day-to-day experience. Energy is derived from the benefits of appropriate food quality, quantity and frequency enhanced by metaphysical fuel.

Definitions:

- **Food:** high quality nutrition in appropriate quantity and frequency to support physical and mental effort
- **Fuel:** emotional, spiritual, and creative energies that promote experiences of being well-loved, cared for, connected and supported.

DEFENSE

Defense is your ability to defend yourself against future health problems. Defense is derived from the benefits of exercise combined with physical activity and movement.

Definitions:

- **Exercise:** intentional tachycardia
- **Physical Activity:** non-exercise activity thermogenesis
- **Movement:** interrupted sedentary time

RESILIENCE

Resilience is your ability to ensure positive coping with stress. Resilience is derived from understanding of how habits interrelate translated into proactivity toward health and well-being in the absence of disease.

Definitions:

- **Inter-relatedness:** an attitude regarding the intricate dynamics between the dimensions of health that culminate to enhance or negate each other
- **Proactivity:** a mindset that does not take health and well-being for granted, but rather actively pursues, protects, and defends healthy habits
- **Presence of disease:** mental and physical conditions that should be evaluated, diagnosed, and treated by a qualified professional

Your Overall Scores in the Proactive Health Trends Indicator



How to interpret your results. Proactive health is a sense of wellness, energy, confidence, and connection that stems from intentional use of time through a rubric of four overall capacities of health and well-being: Healing, Energy, Defense, and Resilience.

The capacities are synergistic with one another, working together such that right action within one lowers the energy of activation for right action toward achieving high capacity in another.

You have received four scores that reflect how well you have maximized your capacities. As a reminder:

- Healing is your ability to heal from injury or illness
- Energy is your ability to energize your day-to-day experience
- Defense is your ability to defend yourself against future health problems
- Resilience is your ability to ensure positive coping with stress.

A high score of 100 would mean you have maximized your capacity. The lowest score of zero would mean you do not have what you need to activate your natural abilities and unlock a particular capacity. Most scores range between 25 and 93, however it's important that you compete only with yourself and do what's right for you.



Your Health Trends

The overall scores in Healing, Energy, Defense, and Resilience change according to how you spend your time across eight prime components of health and well-being:



These prime components of health and well-being suggest you have certain strengths regarding your habits as well as weaknesses. Below is a list of your your current best (top) health habits followed by your weaker areas (bottom half). Strong health habits are easy for you. You may enjoy those particular habits or the healthy action occurs as a natural part of your day-to-day life. Weaker areas may feel like a slog. You may dislike taking these actions or feel awkward when you do. It's easier to improve in strong areas and may be harder to gain momentum in changing the weak ones.



Movement

Avoiding a sedentary time or sitting still for too long



Trending toward **Fitness**



Aerobic Exercise

Running, walking, swimming or cycling for at least 150 minutes weekly



Trending toward **Fitness**



Sleep

Obtaining quality sleep in sufficient amounts



Trending toward **Fitness**



Health Goals

Investing in health planning and coaching to prevent injury



Trending toward **Fitness**



Strength Training

Performing overall body workouts 20 minutes twice weekly



Trending toward **Health**



Rest and Recovery

Enjoying stillness, silence, and solitude



Trending toward **Health**



Food & Fuel

Eating a high quality diet in a mindful way



Trending toward **Pre-Illness**

Support



Intentionally spending time with people who love, respect, and energize you



Trending toward **Illness**

The rest of this report provides further detail into your scores. The full PHTI Insights + Trends Report contains a deeper analysis to help you decide which actions you would like to take to improve your health and well-being.



Your Proactive Health Trends Report Card

96

Healing is your ability to heal from injury or illness. Healing is derived from the benefits of sleep enhanced by rest and ensured through recovery.

Definitions:

- **Sleep:** natural unconsciousness with an active neural architecture unimpeded by alcohol, drugs or other substances
- **Rest:** absence of productivity
- **Recovery:** the time needed to consolidate the benefits of sleep combined with rest

26

Energy is your ability to energize your day-to-day experience. Energy is derived from the benefits of appropriate food quality, quantity and frequency enhanced by metaphysical fuel.

Definitions:

- **Food:** high quality nutrition in appropriate quantity and frequency to support physical and mental effort
- **Fuel:** emotional, spiritual, and creative energies that promote experiences of being well-loved, cared for, connected and supported.

112

Defense is your ability to defend yourself against future health problems. Defense is derived from the benefits of exercise combined with physical activity and movement.

Definitions:

- **Exercise:** intentionally raising your heartbeat by moving your body
- **Physical Activity:** non-exercise activity thermogenesis
- **Movement:** interrupted sedentary time

78

Resilience is your ability to ensure positive coping with stress. Resilience is derived from understanding of how habits interrelate translated into proactivity toward health and well-being in the absence of disease.

Definitions:

- **Inter-relatedness:** an attitude regarding the intricate dynamics between the dimensions of health that culminate to enhance or negate each other
- **Proactivity:** a mindset that does not take health and well-being for granted, but rather actively pursues, protects, and defends healthy habits
- **Presence of disease:** mental and physical conditions that should be evaluated, diagnosed, and treated by a qualified professional



Your PHTI Score

The **Proactive Health Trends Indicator (PHTI)** is a composite score reflecting how fully you are unlocking your innate capacity for wellness.

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Your Capacity for HEALING

Healing is your ability to heal from injury or illness. Healing is derived from the benefits of sleep enhanced by rest and ensured through recovery.

The capacity for healing increases when you enjoy the benefits of sleep enhanced by rest and ensured through recovery.

Definitions:

- **Sleep:** natural unconsciousness with an active neural architecture unimpeded by alcohol, drugs or other substances
- **Rest:** absence of productivity or play
- **Recovery:** the time needed to consolidate the benefits of sleep combined with rest

SLEEP SCORE



Your sleep habits trend toward **Fitness**

REST & RECOVERY SCORE



Your rest and recovery habits trend toward **Health**

OVERALL HEALING CAPACITY



Based on the above trends, your overall capacity for healing is **96**

To improve your HEALING score, please see your full PHTI Insights + Trends Report.



Sleep

Sleep is fundamental to the overall experience of health and wellness. Sleep is an active process required to help our bodies heal from the events of the day. While every component of health is important, sleep is the component to prioritize over all others.

CURRENT STATE

Fitness

INSIGHTS

1. Your commitment to good sleep is a strength. Emotional processing, restorative energy, immunity, and mood regulation are all bolstered by adequate sleep.
2. You offer yourself a 9-hour sleep opportunity daily. This healthy sleep habit supports your athletic levels of exercise and is key to keeping you injury-free. Very impressive.
3. You are able to consolidate the benefits of sleep.
4. You have healthy sleep habits that are foundational to fitness, good health, and healthy weight loss.
5. Your healthy sleep architecture reflects good brain health; however, it is worth your time to reflect on the possible causes of interrupted sleep.
6. You fall asleep easily.
7. Protecting time for sleep is fundamental to cultivating your health.
8. You have insight into how exercise benefits your sleep.
9. Avoiding caffeine after 2pm helps you obtain good quality sleep.
10. Using a regular alarm instead of your phone helps you navigate a pristine path toward restorative sleep.



Rest and Recovery

While we humans tend to pride ourselves on being efficient with our time, the truth is that much enjoyment in life comes from being detached from the clock. Time spent in activities that have no goal or aim helps consolidate the benefits of sleep combined with rest. Being intentional about regularly setting aside time for rest and recovery protects us from burnout.

CURRENT STATE

Health

INSIGHTS

1. You enjoy a sense of resilience. Wonderful!
2. Enjoying stillness, silence, and solitude is the backbone of spiritual health and mental fitness. Take time to make explicit the ways you are making time for these slow, quiet moments to yourself. Make sure you defend this time by marking it on your calendar well in advance.
3. You have good insight into how rest makes productive work sustainable.
4. Resting for at least 30 minutes at the end of productive time aids healthy sleep. However, it's also important to protect your mornings. Strengthen your ability to rest and recover by investing in a morning routine. Use the MAP exercise to help you gradually ease into your day.
5. You obtain high levels of exercise that qualify you as an athlete. Continue to use post-workout snacks as part of your recovery plan. Aim for 20% protein and 80% carbohydrates.
6. Your tendency to fuel hard workouts with good food and enough water is helping you build strong muscles and recover from the stress of exercise.
7. Remember to fuel your strength workouts by having a small snack and a glass of water after you finish. Ideally, your snack would be composed of 80% carbohydrates and 20% protein.
8. Staying hydrated is important to avoid unnecessary muscle overheating and break down. You'll make faster fitness gains if you invest in a hydration strategy.



Your Capacity for ENERGY

Energy is your ability to enjoy your day-to-day experience. Energy is derived from the benefits of appropriate food quality, quantity and frequency enhanced by metaphysical fuel.

Definitions:

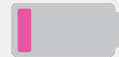
- **Food:** high quality nutrition in appropriate quantity and frequency to support physical and mental effort
- **Fuel:** emotional, spiritual, and creative energies that promote experiences of being well-loved, cared for, connected and supported.

FOOD & FUEL SCORE



Your eating habits trend toward **Pre-Illness**

SUPPORT SCORE



Your habits related to supportive care trend toward **Illness**

OVERALL ENERGY CAPACITY



Based on the above trends, your overall capacity for energizing yourself is **26**

To improve your ENERGY score, please see your full PHTI Insights + Trends Report.



Food & Fuel

The work of caring for ourselves and others requires energy. We refuel with high quality nutrition in sufficient amounts and through the energy we receive from others. Proper food and fuel can vary for each person, but a few correlations are clear -- being careful to surround yourself with uplifting people is just as important as what you eat. In fact, your friends and family strongly influence the quality of what you eat as well as your overall health.

CURRENT STATE

Pre-illness

INSIGHTS

SAMPLE REPORT



Support

Support is the ability to recognize your own needs and having the right people in your sphere to help you meet them. Put simply, life is hard. Studies show that those who feel supported in good times and bad suffer less from medical illnesses and feel more vibrant day to day.

CURRENT STATE

Illness

INSIGHTS

1. We all need at least 8 vital friends to help us adapt to stress, help us grow as people, and give us good company so we can enjoy being alive. Be aware that people who respect you are sometimes reluctant to ask for your time. Start telling people you trust, I trust you. Tell these people how you are really doing and give them permission to help you.
2. Understanding what you need in order to leverage your strengths will reduce your stress at work.
3. Loneliness is important to acknowledge. Please contact a counselor or talk therapist. These professionals can help you address the factors that leave you lonely.
4. A professional development plan may make you feel more satisfied with your current job. You will better understand how this job helps you grow so that you are ready when another good opportunity comes your way.
5. Reconsider your attitude toward self-care and coping with stress. Familiarity with stress isn't the same as stress management. The body doesn't distinguish between stress caused by opportunities we worked hard for and bad stress caused by unpredictable events or pressure. It's all just stress and it negatively impacts health.



Your Capacity for DEFENSE

Defense is your ability to defend yourself against future health problems. Defense is derived from the benefits of exercise combined with physical activity and movement.

Definitions:

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- **Movement:** interrupted sedentary time

AEROBIC EXERCISE SCORE



Your exercise habits trend toward **Fitness**

MOVEMENT SCORE



Your habits related to movement trend toward **Fitness**

STRENGTH TRAINING SCORE



Your habits related to strength training trend toward **Health**

OVERALL DEFENSE CAPACITY



Based on the above trends, your overall capacity for defending yourself against obesity, heart attack, stroke, cancer, and diabetes is **112**

To improve your DEFENSE score, please see your full PHTI Trends + Insights Report.



Aerobic Exercise

Aerobic exercise occurs when you move the large muscles of your legs especially during walking, running, cycling, and swimming. Some forms of dance and yard work also qualify. There are two aspects of aerobic exercise that matter -- duration and intensity. Duration is the amount of time spent with your heart rate elevated. Intensity is the degree to which your heart rate is elevated. You'll know the exercise is too much for you if it leaves you feeling breathless or unable to talk at all. It should be noted here that 150 minutes of enjoyable aerobic exercise weekly is a minimum standard for proactive health.

CURRENT STATE

Fitness

INSIGHTS

1. Honor your athleticism by investing in good rest and recovery after hard workouts. Rest and recovery includes not just breaks from exercise days, but also 10-minute warm soaks in the bathtub and good post-workout fuel and hydration, including electrolyte tablets during and after long bicycle rides. When you work out more than 300 minutes weekly, consider investing in neuromuscular massage therapy approximately every 3 weeks. Ensure your fitness gear is in good shape, especially shoes.
2. You intentionally promote sleep to help you recover from hard workouts. This is a very healthy habit that will help prevent injury. Every 30 minutes of additional sleep you obtain beyond 7 hours confers an additional benefit.
3. Continue the exercise routine you enjoy.
4. You adapt to time challenges by pushing the workout to a different day rather than skipping the workout altogether. This is a very healthy habit.
5. Having a training program is one of the best things you can do for healthy living. Keep using the training program that works for you.
6. Injury prevention, adequate sleep, rest, and recovery are key to improving fitness. If you don't already, start using a fitness tracker to begin investing in a strong rest and recovery program.



Movement

Movement is defined by changes in your body position that often happen naturally over the course of your day. For example, when you take the stairs to get from the first floor to the second floor of a building, you gain health benefits through movement. Another example would be going from sitting at your computer to standing up for a cup of tea. Gardening, walking to the car, and gesturing with your hands while talking also count as movement. The body energy expenditure of movement confers health benefits for your heart and mood.

CURRENT STATE

Fitness

INSIGHTS

1. You habitually obtain 8,000 steps or more daily.
2. You habitually obtain less than 6,000 steps daily but you recognize the unique benefits of moving. This misalignment between what you know to be healthy and your lack of movement sets you up for frustration and disappointment.
3. You recognize the unique benefits of moving.



Strength Training

Strength training is any muscle-strengthening activity that makes a muscle group do more than it is accustomed to doing. Strength training offers benefits not found in aerobic exercise. Strength training is defense against osteoporosis (weak bones) and sarcopenia (low muscle tone). In other words, strength training makes bones and muscles stronger. We typically think of lifting weights in a gym as strength training, however strength training can also include using resistance bands or your own body weight (think pushups and situps). Other less traditional forms of strength training are yoga, martial arts, or jumping rope.

CURRENT STATE

Health

INSIGHTS

1. You regularly perform whole body workouts.
2. Consider strength training investment in yourself 20 years from now. It's the gift of healthy bones, joints, and muscles that only you can give.



Your Capacity for RESILIENCE

Resilience is your ability to ensure positive coping with stress. Resilience is derived from understanding of how habits interrelate translated into proactivity toward health and well-being in the absence of disease.

Definitions:

- **Inter-relatedness:** an attitude regarding the intricate dynamics between the dimensions of health that culminate to enhance or negate each other
- **Proactivity:** a mindset that does not take health and well-being for granted, but rather actively pursues, protects, and defends healthy habits
- **Presence of disease:** mental and physical conditions that should be evaluated, diagnosed, and treated by a qualified professional

HEALTH GOALS SCORE



Your health goals trend toward **Fitness**

INTERRELATEDNESS SCORE



Your habits related to supportive care trend toward **Health**

PROACTIVITY SCORE



Your habits related to supportive care trend toward **Health**

OVERALL RESILIENCE CAPACITY



Based on the above trends, your overall resilience capacity is **78**

To improve your RESILIENCE score, please review the insights in your PHTI Trends + Insights Report.



Health Goals

Having health goals help us avoid the trap of taking good health for granted. Health goals also help us ask for the support we need to do the work of taking good care of ourselves.

CURRENT STATE

Fitness

INSIGHTS

1. You understand that health is part of professionalism. In fact, good self-care is foundational to career stamina.
2. Studies show that injury prevention is the single most important factor in progress. Take steps today to prevent injury and ask your doctor for help. For example, review your sleep recommendations. Adequate sleep has been associated with injury prevention. In addition, good body mechanics while strength training, a cooling strategy for workouts, and wearing the right footwear all help keep you injury-free.
3. You are planning to review your training program and diet plan with your doctor or other health professional. This is a great way to avoid injury and ensure your training program is right for you. To make your visit go more smoothly, take a printed copy of your plan(s) and let the support staff know you would like the plans reviewed during your visit.
4. You have had a conversation with your doctor about your health goals. Leveraging your care team in this way is a wonderful way to protect and cultivate your health.



Helpful Resources

This list of resources is designed to provide you with tools and information to help you on your wellness journey. This list is personalized based on the results of your health inventory.

These resources are intended for informational purposes only. It is up to you to determine the best way to utilize them.

We would love to hear what you think... what worked for you and what has not. Feel free to send any feedback to feedback@MyHealthInventory.com.

Rest and Recovery

- [My Attention Plan \(MAP\) Exercise](#)

Food & Fuel

- [Meal Planner](#)
- [The Women's Guide to Health - Run/Walk/Run, eat right, and feel better.](#)
- [Grocery List](#)
- [Snack Method](#)



Take Action

Next Seven Days

You've read the report. Which insights will you act upon within the next seven days?

1	
2	
3	
4	
5	

Invite Accountability

Who will be your accountability partner? Let your accountability partner know your plan and invite this partner to check-in on your progress.

Accountability Partner	
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Keep Momentum Going

Return to www.MyHealthInventory.com in ninety days for a new trends analysis and insights to help you keep moving toward your goals.

Next Trends Analysis	<i>Mon Sep 4 2023</i>
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