**Integrative Center for Healing**

**Physical Questionnaire**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHYSICAL INDICATORS:

Please check the following statements that apply to you:

\_\_\_ 1. I am satisfied with my physical abilities to work.

\_\_\_ 2. I climb stairs rather than take elevators or escalators.

\_\_\_ 3. I run at least one mile five times a week or the equivalent in aerobics.

\_\_\_ 4. I do some form of stretching/limbering exercises for 15 minutes at least three times a week.

\_\_\_ 5. I enjoy exercising.

\_\_\_ 6. I belong to a fitness club or am interested in joining one.

\_\_\_ 7. I prefer to exercise at home by myself.

\_\_\_ 8. I take long walks, hikes or other outings regularly.

\_\_\_ 9. I enjoy getting back rubs or massages.

\_\_\_ 10. I like hugging other people.

\_\_\_ 11. I like being hugged by other people.

\_\_\_ 12. My place of work has natural lighting.

\_\_\_ 13.My place of work has florescent lighting.

\_\_\_ 14. I always use sunglasses.

\_\_\_ 15. I am in the sun at least 10 minutes a day without sunglasses.

\_\_\_ 16.I sunbathe for 15 minutes per day.

\_\_\_ 17. I have less than three colds per day.

\_\_\_ 18. I avoid exposure to sprays, chemical fumes, paint fumes, exhaust fumes, etc.

\_\_\_ 19. I believe I am the major force in determining the rate of recovery from an illness.

\_\_\_ 20. I am immediately aware of any changes which occur in my physical or emotional state.

\_\_\_ 21. I am receptive to new and different methods of self-care.

PHYSICAL INDICATORS:

\_\_\_ 22. I check my breasts for unusual lumps each month.

\_\_\_ 23. I am aware of the benefits of breastfeeding.

\_\_\_ 24. I avoid using commercial baby foods with salt, sugars or starches.

\_\_\_ 25. I frequently hug or hold my children or teenagers.

\_\_\_ 26. My normal respirations are deep and regular rather than shallow and erratic.

\_\_\_ 27. I meditate or relax for at least 20 minutes each day.

\_\_\_ 28. I am not always stiff when I awaken in the morning.

\_\_\_ 29. I have the ability to relax.

\_\_\_ 30. I can touch my toes when standing with knees straight.

\_\_\_ 31. My hands don’t perspire excessively.

\_\_\_ 32. I do not have noticeable deep wrinkles on my face.

\_\_\_ 33. I am at peace with myself and my Maker.

\_\_\_ 34. My personal relationships are satisfying.

\_\_\_ 35. I take time to deep breathe several times a day.

\_\_\_ 36. I do not bite my fingernails.

\_\_\_ 37. I do not feel tired or rundown.

\_\_\_ 38. I know how to identify and cope with stress.

\_\_\_ 39. I feel good about my body and feel comfortable about looking at it in the mirror.

\_\_\_ 40. When going to sleep I can set my internal clock to wake up at a specific time.

\_\_\_ 41.I am aware that diet contributes to the health of skin, hair and teeth.

\_\_\_ 42. I take vitamin and mineral supplements regularly.

\_\_\_ 43. I have at least one bowel movement every day.

\_\_\_ 44. I always read the labels of the ingredients of the foods that I buy.

\_\_\_ 45. I am aware of the benefits of fasting and fasting regularly.

PHYSICAL INDICATORS:

\_\_\_ 46. I am aware of the chemicals in cleaning agents.

\_\_\_ 47. I am aware of feeling differently when eating certain foods.

\_\_\_ 48. I have a good appetite.

\_\_\_ 49. I maintain my weight within 10 % of my ideal weight.

\_\_\_ 50. I take time for leisurely relaxing meals each day.

\_\_\_ 51. I chew my food thoroughly.

\_\_\_ 52. I do not drink ice cold water with my meals.

\_\_\_ 53. I am aware of the difference of refined carbohydrates and complex carbohydrates.

\_\_\_ 54. I minimize my intake of processed foods.

\_\_\_ 55. I am satisfied with my current diet.

\_\_\_ 56. I use toothpastes purchased from a health food store without fluoride.

\_\_\_ 57. I use deodorant purchased from a health food store.

\_\_\_ 58. I am aware of the dangers of colors and preservatives in my food.

\_\_\_ 59. I am aware of the sulfites and aging chemicals in our alcoholic beverages today.

\_\_\_ 60. I am aware of the dangers in the imitation food products on the market, including margarine.

PERSONAL COMMENTS

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