

## Health Leader Quiz

### Rate Your Energy

Adapted from [www.webmd.com](http://www.webmd.com)

Faith leaders spend a lot of time doing for others. How often do you stop and think about what keeps you from having the energy you need? Please circle the answer that describes your lifestyle.

1. I often feel tired by mid-afternoon, so I give myself energy by having coffee, soda or a candy bar. (Healthy snacking: [http://www.pueblo.gsa.gov/cic\\_text/food/guideeat/Actiongd.html](http://www.pueblo.gsa.gov/cic_text/food/guideeat/Actiongd.html))

Yes

No

2. I use my evenings to recuperate from my busy day, and usually watch TV or lie down early. (Tips on exercise: <http://win.niddk.nih.gov/publications/tips.htm>)

Yes

No

3. I eat meat every day. (Tips on healthy meal planning: <http://www.nutrition.gov/>)

Yes

No

4. I feel under stress more than usual lately.  
(How to reduce stress: <http://www.nmha.org/infoctr/factsheets/41.cfm>)

Yes

No

5. I'm so busy that I have no time to exercise.  
(How to plan an exercise program: <http://www.tennessee.gov/health/itsabouttime/index.htm>)

Yes

No

6. I eat 1-3 servings of fruits and vegetables every day.  
(Daily healthy eating tips: [http://www.mypyramid.gov/tips\\_resources/index.html](http://www.mypyramid.gov/tips_resources/index.html))

Yes

No

If you answered Yes to more than three of these questions, we, at the Health Department, have information for you that will help you find ways to improve your energy. Please click on the links to find ways to improve your energy and your lifestyle.