

ARE YOU LOOKING AFTER YOUR HEALTH?

WHAT YOUR SCORE MEANS

10–16

Congratulations! You obviously understand that well-being, good looks and good health are directly related to the foods you eat and the exercise you take.

17–23

Although you probably eat quite carefully and are aware of the benefits of exercise, your problem is motivation. Don't ignore what you know is good for you – put it into practice. Change and you will experience a sense of well-being almost immediately.

24–30

Not only are you set on the course of early ageing, you're also unaware of the factors that cause the process. It's time for you to acknowledge that a healthy diet, regular exercise, plus a balanced attitude to relaxation and a good night's sleep will keep you fitter and younger for longer.

Some words and expressions used in the Quiz. Look up the ones you don't know

Combination of factors

Boosting

Essential nutrients

Moody

Drift off

Well-being

