

## Physiological Bodyage Quiz

- Do you feel changes in your posture, do you tend to lean forward more than you used to?  
 Yes     No
- Is walking up stairs becoming more difficult?  
 Yes     No
- Is it becoming more strenuous to get up from a chair after dinner or at the end of a movie?  
 Yes     No
- Do you have more difficulty doing shoulder check while driving or riding a bike?  
 Yes     No
- Does it take your body longer to recover from an active day than it used to?  
 Yes     No
- Have you noticed changes in your balance? ( Standing on 1 leg to put socks on, catching your toes more frequently...)  
 Yes     No
- Does your breathing become heavier while walking uphill, dancing or playing games?  
 Yes     No
- Are you having difficulties keeping up to the “grand-kids”??  
 Yes     No

If you have answered "yes" to any of the above question, it is time to take a look at your present exercise program ( if one exists) and update it to include more “defy-aging exercises”.

Contact us if you have any questions at 604-220-7003 or by email at [info@bodyagefitness.ca](mailto:info@bodyagefitness.ca)