

# Wellbeing Score™ Report

The Wellbeing Score™ is a non-intrusive twenty question assessment that delves into daily nutrition and health habits and analyses functional movement abilities. This inaugural Wellbeing Score™ report is based on 3000 respondents, an unspecified mix of the general population, from June 2020 to August 2021.

## The key facts

- > **National average** for the Wellbeing Score™ is: 14.
- > 137 people's wellbeing is **as it should be**. That is 4.56% scoring 19 or 20.
- > 308 people in the **wellbeing emergency category**. That is 10.26% scoring less than 10.

## The spread of data

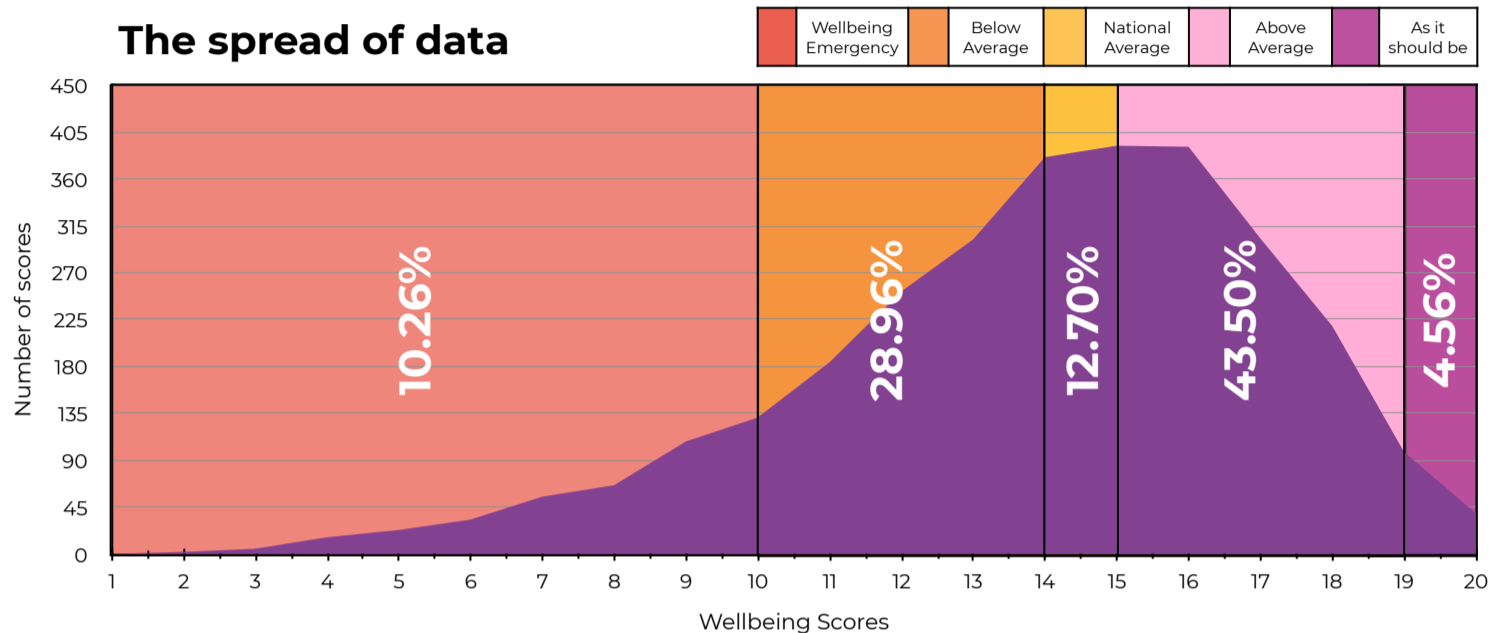


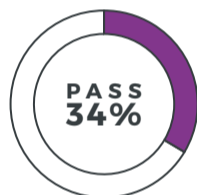
Chart 1.0 - Spread of Wellbeing Score™ data



### Nutrition

#### Q1. Nutrition: Hydration

Do you drink more than 6 glasses of water each day, on average?



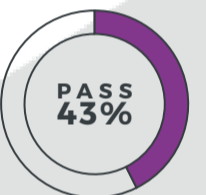
#### Q2. Nutrition: Balanced Energy

Do you eat breakfast, lunch & dinner everyday?



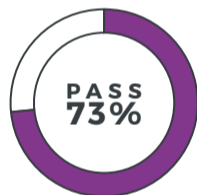
#### Q3. Nutrition: Vitamin's & Minerals

Do you eat more than 5 portions of fruit and veg each day, average?



#### Q4. Nutrition: Fizzy Drinks

Do you consume 1 or more glasses of fizzy pop each day, on average?



#### Q5. Nutrition: Caffeine

Do you consume more than 2 caffeinated drinks each day, on average?



#### Q6. Nutrition: Alcohol

Do you consume 14 or more units of alcohol in an average week?



### Health

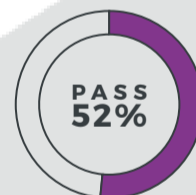
#### Q7. Health: Activity

Do you do more than 2.5 hours of moderate activity or 1.25 hours of vigorous activity in an average week?



#### Q8. Health: Resistance Training

Do you do 2 or more full body resistance sessions in an average week?



#### Q9. Health: Daily Activity

Do you do more than 10,000 steps each day, on average?



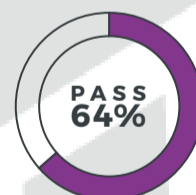
#### Q10. Health: Body Composition

Do you do pass the string test?



#### Q11. Health: Sleep

Do you get between 7 and 9 hours of sleep a night, on average?



### Movement

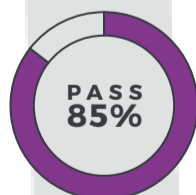
#### Q12. Movement: Mobility

Can you stand and touch your toes without bending your knees?



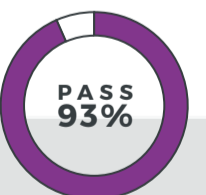
#### Q13. Movement: Mobility

Can you raise your arms above your head and place your thumbs together?



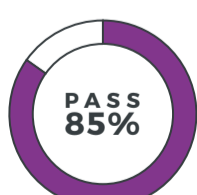
#### Q14. Movement: Functional Movement

Can you run up a flight of stairs, without stopping?



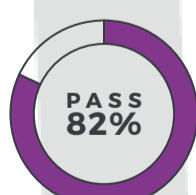
#### Q15. Movement: Functional Movement

Can you walk back down the stairs unaided, without any muscle or joint pain? your knees?



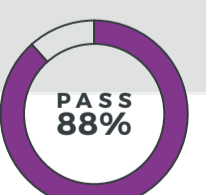
#### Q16. Movement: Functional Movement

Can you lift a 15kg cabin bag or backpack from the floor onto your shoulder from a standing position, repeating both sides?



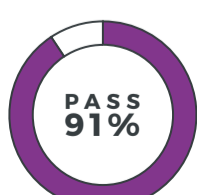
#### Q17. Movement: Functional Movement

Can you sit down on it and stand up from a chair, unaided?



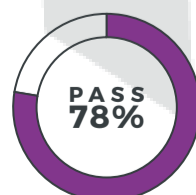
#### Q18. Movement: Balance

Can you stand on each leg, in turn, for 45 seconds?



#### Q19. Movement: Coordination

Can you throw the ball against the wall and catch it in your alternate hand, 10 times?



#### Q20. Movement: Upper body Strength

Can you push yourself off the ground in a single push up, with a straight back?

