



CONCIERGE YOGA WELLNESS CHECKLIST

ARE YOU PHYSICALLY ACTIVE?

To live and enjoy a wellness lifestyle, you must be physically active. Physical activity is one of the best and least expensive preventive medicine ways to increase your energy, help you manage weight, decrease stress, lower the risk of heart disease, cancer, and diabetes and feel better. Below are a few short questions to help you determine if you are getting enough physical activity to live a lifestyle of wellness.

CHECKLIST QUESTIONS:

1. Are you physically active? It's OK to say no. Yes No Sometimes
2. Are you currently at your goal weight? Yes No Sometimes
3. Do you get aerobic exercise 30 minutes a day? Yes No Sometimes
4. Do you suffer from back and joint pain? Yes No Sometimes
5. Do you have osteoarthritis or osteoporosis? Yes No Maybe
6. Are you taking medication to manage menopause? Yes No Sometimes
7. Do you have challenges with flexibility or balance? Yes No Sometimes
8. Do you suffer from upper back and neck pain? Yes No Sometimes
9. Does your insurance or Medicare reward you for being physically active? Yes No Maybe
10. Are you under a physicians care for a physical ailment or injury? Yes No Sometimes

CONTACT:

Concierge Yoga from Namaste Wellness is the perfect way for you or your loved ones to get the gentle, restorative, physical activity you need to have a lifestyle of wellness in the privacy of your home or office.

Lisa DeBlasi
President & Founder
Namaste Wellness, LLC

949-370-3830
lisa@namastewellnessoc.com
www.namastewellnessoc.com