



Health Assessment Toolbox



<http://www.realage.com/>

This site provides a fill in the blank format to determine the status of your health. Once the survey is completed, you are told your current “age” health, which might be younger or older than you are!

<http://americanheart.org/>

Click on the getting healthy icon and then choose from a variety of information that will help you maintain your heart health.

<http://www.healthstatus.com/>

This site offers a variety of tests ranging from body mass index to blood alcohol estimator and daily calorie expenditure.

<http://markhenri.com/health/stress.html>

This site provides access to the Holmes and Rahe Social Readjustment scale, which evaluates the amount of stress in your life and uses the result to project future illness.