



# C.A.R.E. Assessment Quiz

June 18th, 2009 by Erik Flowers

C.A.R.E. integrates perceptual systems—visual, auditory, kinesthetic/tactile—to build strength, balance and reflexes, and grows new neuropathways. It’s called neurogenesis. **Customized Age Reducing Exercise** is cognitive-exercise:

*If you want the body to remember it, use the mind;  
if you want the mind to remember it, use the body.*

Here is a 20 question Customized Age Reducing Exercise Assessment. If you answer YES to more than 3 out of 20 you should use C.A.R.E.

Male\_\_\_ Female\_\_\_

	Yes	No
1. Are you over 40 years old? (Age: _____)	1. _____	_____
2. Have you had “mini strokes”?	2. _____	_____
3. Are you taking steroidal medication for any reason?	3. _____	_____
4. Do you sit a lot at home/work?	4. _____	_____
5. Do you have lower back problems?	5. _____	_____
6. Have you been told your blood pressure is too high (140/90mm Hg or higher, or are you on blood pressure medication)?	6. _____	_____
7. Are you 15 or more pounds overweight?	7. _____	_____
8. Have you been told your cholesterol is high (level 240mg/dL or higher) or are you on cholesterol medication?	8. _____	_____
9. Do you have an abnormal heartbeat?	9. _____	_____
10. Is it true you <u>do not</u> have a regular exercise plan?	10. _____	_____
11. Do you smoke?	11. _____	_____
12. Does your family have a history of heart disease?	12. _____	_____
13. Does your family have a history of strokes before 60 years old?	13. _____	_____
14. Do you live alone?	14. _____	_____
15. Do you have diabetes or take medicine to control your blood sugar?	15. _____	_____
16. Do you take medication for depression or excessive mood shifts?	16. _____	_____
17. You <u>did not</u> play catch growing up?	17. _____	_____
18. Are you frustrated by forgetting things more and more?	18. _____	_____
19. Do you eat fast food 2+ times a week?	19. _____	_____
20. Is it true you are on Hormone Replacement Therapy?	20. _____	_____

C.A.R.E./Body Builders Gym [www.bodybuildersgym.com](http://www.bodybuildersgym.com)

BBG is located at 2516 Hyperion Ave, Silver Lake CA; 323.668.0802 gym

Erik Flowers, C.A.R.E. Director.