Ninth Week Assignment, Option #3

Due: Monday, March 8

The purpose of this assignment is to evaluate how an individual's choices, behaviors, habits and lifestyle can impact wellness. For interested in downloading a MS Word document with the below instructions, click here.

Aging is a complex process dependent not only upon time, but also upon what the body experiences throughout the lifespan. Quite a few researchers and clinicians differentiate between the concepts of "chronological age" and "functional age." Chronological age is how old a person's body is. Functional age, in comparison, refers to the relative state of the body based upon its experience with environmental factors, behavioral choices, habits, etc. Similar titles, such as "biological age" and "psychological age" are also used to evaluate body wellness. "Real Age" is one of the more recently-publicized definitions of age. Dr. Michael Roizen developed an assessment test which estimates a person's "Real Age" based upon his/her lifestyle habits. These habits not only relate to what you already understand as health-related choices (smoking, exercising, etc.), but also choices related to transportation safety, accidents and other subjects. The Real Age concept and assessment are described in depth in Roizen's book, *Real Age: Are You As Young As You Can Be?* The test is also available at the realage.com website.

For this assignment, you will discover what your "real age" is, according to the Real Age assessment test. Following your assessment, you will write the equivalent of a one-page evaluation of your assessment experience. **Note: the website requires you be 20 years old to take the test.** While you do not have to be 20 to complete this assignment option, you may find this instrument more meaningful in later years. Keep in mind this tool, as most, has benefits and limitations. Hopefully, after you have completed this HEA150 course, you will continue to critique health-related resources when experiencing them in the media, through subsequent coursework, and in everyday life.

**Before you travel to the Real Age website:**
- The assessment takes approximately one half hour
- You will need to register at the site to take the assessment test, but the registration is free
- **Important:** if you do NOT want any materials sent to you i.e. the Real Age "HealthBytes" topic information, be sure to check the "no" box under "Free RealAge membership." You will also need to agree to the privacy policy, checking a box.
- You will answer a series of in-depth questions about general health, habits, relationships, diet, and fitness
- At the end of a web page, you will be prompted to click on a link titled "continue" or "next page." If you are not connected to the next page right away, click on the link again
- After completing the RealAge test items, you'll have an option to "Tell Your Friends" about the website. If you choose not to do so, click on "skip and continue" toward the bottom of the page.
- After completing the survey, you will be asked to input your email address. You can then access your email account to get the detailed report, or you can click on the tab "My RealAge," then "See my plan," and then, "Read my plan."
In your evaluation, approximately one page in length, include:

- Your actual age and your "real age"
- A summary of the recommendations made in your RealAge plan at the end of the assessment and your reaction to these recommendations (be specific regarding the recommendations provided)
- A description of any other recommendations not listed in your assessment feedback you think will improve your "Real Age."
- Any noticeable advantages/disadvantages or strengths/weaknesses of the tool

Your “Real Age” evaluation should be approximately one to two pages in length. Travel to the Real Age website, click "Take the Real Age Test," and register your email address. Submit the assignment to the instructor via email or via the Angel drop box.

Real Age website: http://www.realage.com/

Angel website: http://northseattle.angellearning.com/