

**GOOD HEALTH** vs **POOR HEALTH**

Good health shows up in the way people look, act and behave:

**Attitude**—Optimistic, alert, happy

**Energy Level**—Energetic, coping with stress

**Sleep Habits**—Sleeping well

**Eyes**—Clear, bright eyes and vision

**Teeth**—Healthy gums and teeth

**Hair**—Clean, shiny

**Skin**—Clean, smooth, natural

**Muscles**—Firm, solid

**Posture**—Erect

**Height/Weight Ratio & BMI**—Normal weight for height, sex, age, and bone structure

Poor health shows up in the way people look, act and behave:

No energy, often sick with colds and other infections

Little energy

Trouble sleeping

Sore, red, itching eyes

Tooth cavities, bleeding gums

Dull, brittle hair that breaks easily

Skin that breaks out and wounds that do not heal easily

Flabby, poorly developed muscles

Slumping, drooping posture

Overweight or underweight