

# Are You As Healthy As You Think You Are?

(NAPSA)—Startling new statistics point to a real problem for Americans who think they're healthier than they really are.

Among the most revealing findings of the survey was the fact that eight of 10 respondents said they would take better care of themselves if they had a life-threatening problem. "That's like saying you'll wear your seat belt after you've had a fatal accident," suggests Dr. Charles Schutz, Chief Medical Officer for Destiny Health.

The survey reveals a wide disparity between perception and reality on key health issues—a difference that puts Americans' well-being at risk and contributes to the problem of soaring health-care costs.

As an example of this knowledge gap, Dr. Schutz noted that an unrealistic 67 percent of respondents categorized themselves as being "physically active" and only 30 percent perceived themselves as being overweight.

"The reality, as reported by the Department of Health and Human Services (HHS), literally reverses those numbers," Dr. Schutz said. HHS statistics show that more than 60 percent of Americans are not active enough and that 64 percent are overweight.

According to Dr. Schutz, "The study shows the need for a new definition of the word 'healthy.' We tend to see ourselves as well until we are actively sick. That is a dangerous notion that needs to be replaced by the understanding that a person is healthy only when he or she is living a healthy lifestyle.

"For example, a person who is being properly treated for hypertension may very well be healthier than one who feels well and exercises regularly, but who never sees a doctor," he said.



## **Most Americans think they're healthier than they really are.**

Dr. Schutz advises that Americans adopt these easy improvements:

- Commit to small changes—Every tiny bit helps, and each change will add up over time.

- Move more!—To improve your health, you do not have to take up jogging or get a trainer. Simply choose to make yourself move a little more frequently every day. Make time to walk the few blocks to the store, instead of driving. Park farther away from your destination, on purpose. You will raise your metabolism and burn more calories each and every day.

- Make it fresh—Fresh food is just better for you, there is no getting around it. Bypass fast foods and processed foods as much as you can. Choose fruit or grilled vegetables over chips or fries.

- Stop pretending things aren't so bad!—Americans have the highest rates of obesity and diabetes in the world, and among the lowest rates of activity. Decide for yourself that you are going to do something about it, now. The power to change is in your own mind.

For more information, visit [www.destinyhealth.com](http://www.destinyhealth.com).