

VALUES EXERCISE I

Ask participants how many value their health, and if so, to please stand. Then read the following:

1. Now, if you did not have a healthy breakfast this morning, sit down. (A healthy breakfast is NOT a donut and a soft drink – it consists of protein, whole grains or fruit)
2. If you have not gotten some form of vigorous exercise for at least 20 minutes 3 times this week, please sit down.
3. If you smoke, sit down.
4. If you haven't spent at least 10 minutes a day, relaxing, meditating or simply unwinding, please sit down.
5. If you have driven or ridden in a car this week without fastening your seatbelt, sit down.
6. If you've had over two alcohol drinks any day this week, please sit down.
7. If you've had fast/fried food more than once this week, please sit down.
8. If you haven't had at least three servings of fruits and vegetables each day, sit down.
9. If you've talked or texted on your cell phone while driving, please sit down.

Of course, these questions could be changed to better fit a particular group, or some could be omitted.

