

Published based on [Are You as Healthy as You Think You Are?](#)

Are You as Healthy as You Think You Are?

Do you think you are healthy? You may think you are pretty healthy, but are you really? How would you find out how healthy you are? Is there even a way to find out how healthy you are? It turns out there is! Click on one of the links to find out how healthy you really are.

If you want to know how healthy your bank account is, you check your balance. But what about the health of your body? Not as easy to gauge. But it turns out, there are [several measurements](#) that forecast your likelihood of living a long, energetic and disease-free life. Use this checklist to get a read on how healthy you really are now, and what changes you may want to make to look and [feel tip-top](#) for years to come!

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