

# Body Balance Quiz

## IS YOUR BODY TELLING YOU SOMETHING IMPORTANT?

Compare your answers to the following questions with the scale below to find out if your body is telling you it needs specialized attention.

### Adult Body Balance Quiz

- Have you noticed that your pant legs look shorter on one side?
  - Yes
  - No
- Does the zipper on your pants appear crooked when you wear them?
  - Yes
  - No
- Does the material in your shirt sleeve feel twisted on your arm?
  - Yes
  - No
- Do you have trouble sitting on a bicycle seat?
  - Yes
  - No
- Does having your hair washed by a hairdresser bother your neck?
  - Yes
  - No
- Do you have trouble blow-drying your hair?
  - Yes
  - No
- Do you need 2 - 3 pillows under your neck to get comfortable in bed?
  - Yes
  - No

- Do you avoid such activities as loading the dishwasher or backing up your vehicle or raking or vacuuming?
  - Yes
  - No
- Do you sit to peel vegetables or do other cooking preparations?
  - Yes
  - No
- Is it difficult to stand still in waiting lines?
  - Yes
  - No
- Are you very aware of uneven walking surfaces?
  - Yes
  - No
- Is it difficult to find comfortable shoes?
  - Yes
  - No
- Is taking a deep breath difficult?
  - Yes
  - No

**If you have answered Yes to...**

**...10 or more questions, you have a good awareness of your body but you do need to learn more about the clues your body is giving you. An appointment with a BioSynchronistics clinician would be helpful.**

**...5-9 questions, you have a positive sense of your body but you may need to gather more knowledge about it.**

**...fewer than 4 questions, Congratulations! Your awareness and body balance are good!**