

An anatomical drawing of a male torso with arms extended, overlaid with the text "Men's Health Quiz". The drawing is a detailed line drawing of a male torso, showing the musculature of the chest, abdomen, and arms. The figure is positioned centrally, with arms extended horizontally. The background is a textured, light brown color. The text "Men's Health Quiz" is written in a bold, white, sans-serif font across the middle of the torso.

# Men's Health Quiz





# Testosterone





# Testosterone Quiz

Do you find yourself constantly fatigued, no matter how much rest you get?

Have you noticed a decline in your muscle mass or an increase in body fat?

Is your sex drive not what it used to be, or are you facing erectile dysfunction?

Low testosterone isn't just an issues that comes with age; despite what society thinks.

It can significantly impact a man's quality of life.

Testosterone is the key male sex hormone that plays a pivotal role in muscle mass, fat distribution, bone density, and red blood cell production.

As men age, testosterone levels naturally decline, but extremely low levels can cause a range of health issues.

Low testosterone doesn't only impact your sexual health.

- ✘ Loss of body hair
- ✘ Decreased bone mass, leading to osteoporosis
- ✘ Mood swings and feelings of depression
- ✘ Memory problems
- ✘ Difficulty concentrating

The list really goes on ...

If you've tried multiple lifestyle changes, dietary interventions, or even hormone replacement therapies with minimal relief.

If you face challenges with your mental and physical well-being, despite consultations with specialists.

Or, if any of these signs and symptoms resonate with your current situation...

Don't let low testosterone dictate your life.

Comment "TEST" below to receive the link to our testosterone health assessment and begin your journey to reclaiming your vigor and vitality.





# Low testosterone

Do any of the following apply?			
Lowering self-confidence / self-esteem	Incontinence	Hot flushes	Dry thinning hair
Thinning skin	Thin lips	Decreased libido	Decreased in spontaneous morning erections
Decreased in fullness of erections	Decreased in maintaining erections	Spells of mental fatigue	Inability to concentrate





# Low testosterone

Do any of the following apply?			
Difficulty in making decisions	Episodes of depression	Excessive muscle soreness	Decrease in physical stamina
Unexplained weight gain	Increased fat gain around chest and hips	Increased sweating	More emotional than in the past
Previous use of anabolic steroids	Plant based diet	Chronic dieting / low fat intake	Use of aspirin





**Masculine**





# Masculine Quiz

Do you often wonder if you're providing the emotional and financial support your family truly needs?

Are you uncertain about how you are perceived by your children and partner?

Do you sometimes doubt whether you're truly fulfilling your role as the rock of your household?

Being a loving husband and father is more than just a title; it's a lifelong commitment.

Successful fatherhood requires more than just providing materially; it involves being emotionally available, creating safety, and guiding with wisdom.

A fulfilling marriage isn't built solely on love; it thrives on understanding, mutual respect, and consistent effort.

However, being the best husband and father isn't just about fulfilling duties.

- ✘ Feeling disconnected or distant from your partner
- ✘ Being unsure about your impact as a role model for your children
- ✘ Struggling to communicate or express your feelings
- ✘ Doubting your decisions or fearing you're letting your family down
- ✘ Constantly feeling overwhelmed with responsibilities

The list really goes on ...

If you've read countless self-help books, attended seminars, or gone to counselling but still feel something's missing.

If you're striving to better yourself for your family's sake but find that self-doubt and external pressures weigh you down.

Or, if any of these signs and symptoms resonate with you...

Don't let uncertainty and doubt cloud your potential.

Comment "MASCULINE" below to receive the link to our masculinity and fatherhood assessment and embark on a journey to becoming the best version of yourself for your family.





# Masculine

Do any of the following apply?			
Suppress emotions or masking distress	Maintaining an appearance of hardness	Obsessed with violence	Dominating over others
Pursues status	Entitlement	Fear of being perceived as weak	Poor emotional regulation
Externalises problems	Lacks intimacy with loved one	Avoids showing affection to family	Avoids involvement in domestic tasks





# All Roads...





# <30%

Congratulations!

It appears that **[PROBLEM]** isn't a concern for you.

**Since you have taken the time to complete this quiz, health is clearly a value of yours ...**

Let's get you scheduled in for a complementary functional health consultation so we can assess other areas of your health with my Functional Blueprint and make sure you are able to **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

**[LINK TO BOOK]**

# 30-60%

Oooooooooohhh ...

**It appears that **[PROBLEM]** is something you are possibly challenged with right now, but it might not be your biggest priority ...**

Let's get you scheduled in for a complementary functional health consultation so we can assess this further and help you **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

**[LINK TO BOOK]**

# 60+%

Oh dear!

**It appears that **[PROBLEM]** is creating a number of health challenges for you right now!**

Let's get you scheduled in for a complementary functional health consultation so we can finally help you **[ESCAPE PAIN]**, **[ACHIEVE DREAM STATE]** and **[SOMETHING REALLY AWESOME]**.

Here is the link to book:

**[LINK TO BOOK]**





