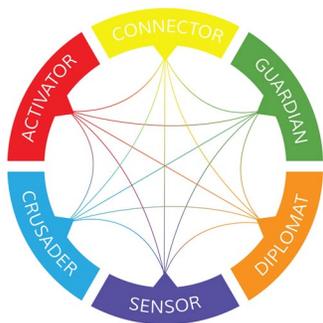


What is a HealthType?



We all know one-size doesn't fit all when it comes to being healthy - looking good and feeling great. There are so many diets, exercise plans, mindfulness techniques, and wellness methods out there - so how do you know what's right for YOU? Well the good news is here friends. :)

Scientists have now discovered each of us has a unique code that lies deep inside our unique bodies, in-built into our DNA. It's what is being called our HealthCode™. Your HealthCode is 100% unique to you. It's actually a fancy name for your biological source code that connects with your genes, influences your organ function, determines your hormone levels and emotions, and even communicates with your mind. Because there are 7.3 billion people on the planet, there are many of us with similar (yet unique) features and functions, and because each HealthCode falls into 1 of 6 regions on a chart, then we can collectively refer to people sharing similar biology and physiology as sharing a similar HealthType™.

And the exciting thing is we can now access our HealthType by doing the groundbreaking HealthType Test™ to find out the ideal time and way each of us needs to eat, move, live, love, play, think and thrive in order to be healthy and happy. And for those looking for an even more precise, detailed, dynamic and interactive experience, you can find out your HealthCode by visiting the HealthType test's big brother ph360.me for everything you will ever need to know about your unique and personalized health journey.

Sensor HealthType



Sensors are analytically organized, consistent, loyal, orderly, intellectual, sensitive, focused, determined, motivated, ambitious, strong minded, meticulous, detailed oriented and creative.

The Sensor has the ability to read others, perceive and interact at an intellectual level and can be mentally (and even physically!) flexible, incorporating many ideas into complex concepts or theories.

Given the space and tools necessary, Sensors can easily accomplish a significant degree of mental work. They are highly independent, tend to enjoy learning and details, and are good at creating systems, strategies, and directing work flow. The Sensor is disciplined, consistent and a fast learner.

Crusader HealthType



Crusaders are driven to achieve and frequently succeed when goals require a high level of mental and physical work. They are self-determined without the need for constant praise and feedback, are willing to take risks and make large efforts to create their ideas, and may sacrifice a lot to achieve what they believe they must.

The Crusader enjoys a challenge, does well with routine, is dependable, responsible, and perceived as intelligent. They prefer predictability, reliability and willingly accept responsibility.

Crusaders enjoy insatiable curiosity which feeds their drive for learning and they tend to seek out lots of detail and thrive when learning and creating. They are competitive and ambitious and strive for accuracy in order to be authoritative and correct in their positions.

Activator HealthType



Activators are active! They love change, diversity, movement and dynamic endeavors more than sedentary or rote tasks. Movement actually gives them more energy. Activators are social beings, but still love their alone time to reboot. The Activator body is designed for movement and quick bursts of energy. They digest food quickly, so it is important to eat frequently.

Activators are independent, adaptable, competitive, determined, dynamic and energized. As natural athletes, muscle definition comes easily to an Activator when they train. An Activator adheres to discipline but likes to be impulsive. They naturally handle improvisation and adapt to almost any condition quickly. Activators are quick to react and respond easily to unpredictability.

Connector HealthType



Connectors naturally consider the needs of others, are open and friendly, helpful, available, forgiving, kind, and affectionate. Connectors enjoy connecting with others. Due to their natural body makeup, talking to others is very good for them. Success in health will come more easily if they have support from a coach or loved ones and they can share their experience with people.

A Connector is a good teammate, able to share ideas, frequently thinks out loud, and can often manage multiple tasks throughout the day, although not necessarily all at the same time.

The Connector tends to feel things very physically and enjoys touch, hugs, good food, and physical pleasures. When they choose to, they can be a fabulous leader of fun activities and very persuasive and influential.

Guardian HealthType



Guardians are friendly, good-natured, tolerant, predictable, steady, strong, secure, family-oriented and stable. They are naturally very supportive and enjoy easy-going activities, routine, eating with family or friends, being a spectator and connecting with others they like. They are the strongest HealthType and tolerate physical stress (such as cold, hunger, lack of sleep) better than most others. Family is very important to them and they tend to have an overall feeling of well-being.

Friends might call the Guardian "the salt of the earth," "grounded," dependable and consistent. That is because the people that know them best realize that they can count on the Guardian because they care deeply about the people close to them. Employers or business partners would say the same thing, because the Guardian offers loyalty and great service. They are a valuable part of the family or a team.

Diplomat HealthType



The Diplomat has one of the strongest HealthTypes and from historical records we know these are the natural nomads, vikings, and warriors. The Diplomat body is built to resist harsh circumstances and they have less sensitivity to pain than others. They are extremely resilient, don't often complain about being sick and weak, and are rarely bothered by small things. The Diplomat can lift weights easily, and has the potential for exceptional endurance. Often their physical strength is matched by mental strength and endurance too.

By nature, Diplomats are dependable, easy-going, and enjoy pleasurable experiences. They do well with a predictable, patterned routine and, when motivated by a fierce desire, their focus and discipline assists to achieve their goals. Diplomats enjoy learning and will obey the rules, unless the rules prevent their enjoyment. As dependable employees and friends, Diplomats are easy to get along with, and with their enduring sense of fairness and the ability to recognize and honor various points of view, they are natural mediators and managers.