Here’s To Your Health

April 1, 2015 By Jennifer Morton

Taking care of your overall health and well-being is just as important as taking your HIV meds. POZ recently asked about your health habits. Here are your responses.

How is your overall health?
20% Excellent
54% Good
23% Fair
3% Not good

How is your mental health?
19% Excellent
47% Good
26% Fair
8% Not good

How well do you manage stress?
23% Very Well
60% Moderately Well
17% Not Very Well

How would you describe your eating habits?
24% Excellent
46% Good
24% Fair
6% Not good

60% of you generally get 7 to 8 hours of sleep each night.

14% of you are underweight.
43% of you are average weight.
35% of you are slightly overweight.
8% of you are significantly overweight.

How often do you exercise each week for at least 20 minutes?
26% Less than once per week

23% 1–2 times per week
29% 3–4 times per week
22% 5–7 times per week

Source: January/February 2015 POZ

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