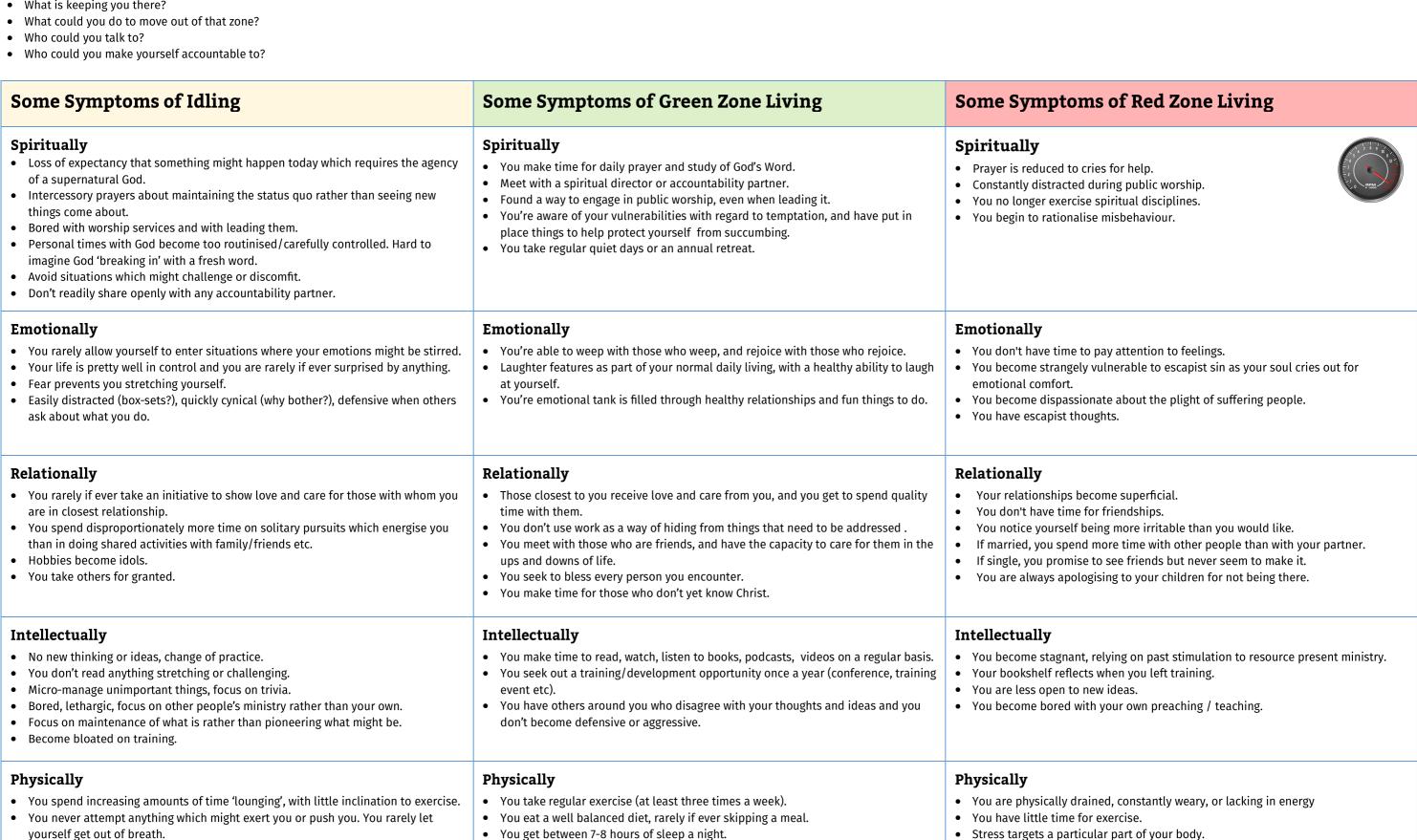
## **Assessing the Revs**

A car is designed to function at a variety of revs, but constantly idling or constantly being in the red zone is not healthy for any car. Nor is it for a human being. Use the table below to assess where the rev gauges are for you in each of the five areas listed. Reflect on the following questions:

- What might have led you into the idle or red zones?
- What is keeping you there?

· Your levels of fitness are declining.



• A holiday provides sufficient relief from work to restore normal energy levels.



You become ill at the start of your holiday.