

[IMAGE] Health Poll Archives 2007 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

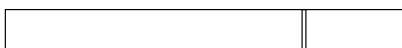
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

[IMAGE]

Health Poll Archives – 2007

[2024](#) | [2023](#) | [2022](#) | [2021](#) | [2020](#) | [2019](#) | [2018](#) | [2017](#) | [2016](#) | [2015](#) | [2015](#) |
[2014](#) | [2013](#) | [2012](#) | [2011](#) | [2010](#) | [2009](#) | [2008](#) | [2007](#)

- In This Issue:
- [Chronic Pain Can Wreck Your Life](#)
 - [Antioxidants for Acne](#)
 - [Reflux Drugs & Migraines](#)
 - [Kids Need Exercise](#)
 - [The Life Extender](#)
 - [3 Ways to Lose It](#)

November/December

[Have you purchased exercise equipment for home use?](#)

October

[Which of the following should you limit or avoid together when you're pregnant?](#)

Previous Issues

September

[What do you typically snack on at work?](#)

- [Did You Know?](#)
- [Heart-Healthy Antioxidants](#)
 - [Steps for the Brain](#)

August

[Approximately how much cardiovascular exercise do you get a day?](#)

- [What Can't It Do? Key Health & Wellness Benefits of Fish](#)
- [More Scary News About Vaping](#)

July

- [3 Tips to Help Tip the Scales \(in the Right Direction\)](#)
- [Have you ever exercised with a personal trainer?](#)

June

[How many meals do you eat per day, including snacks?](#)

May

[Do you take a daily multivitamin/mineral supplement?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

April

[How often do you perform resistance training \(free weights, pulley machines, etc.\)?](#)

March

[Do you exercise at a gym or at home?](#)

February

[How often do you eat dessert after dinner \(cake, pie, cookies, candy, etc.\)?](#)

January

[How often do you work out at a gym? \(days per week\)](#)

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http://www.toyourhealth.com/health_poll/07archives/index.php?no_b=true