

TIC TAC RISK

For Arthritis

For every risk factor you have, place an "X" in the box over the risk factor. Three "Xs" in a row, places you at a greater risk for developing the disease. If you find yourself at risk for this disease, or you presently have the disease, look below for the health action you can take to reduce your risk or to preserve function and quality of life.

| | | |
|-----------------------|---------------------|-------------------------|
| > 40 years | High Fat Diet | Joint Overuse or Injury |
| Family History | Obesity | Poor Biomechanics |
| Decreased Flexibility | Physical Inactivity | Diet Low in Calcium |

*Poor posture, lifting, sitting, walking or standing techniques may increase the risk of developing arthritis.

Decrease your risks with management & prevention:

- Non-Weight Bearing Exercise
- Adequate Calcium & Vitamin D
- Maintain Healthy Weight
- Strength Training
- Limit Caffeine Intake
- Flexibility Exercises
- Manage Depression

The Northeastern Region of the American Heart Association supports FitScript™ as a means of health promotion among senior, child, and adult populations.



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