

TIC TAC RISK

For General Health & Fitness

Once you have completed your health maintenance assessments, play the Tic Tac Risk game. 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 for the disease or to preserve function and quality of life.

Drug & Alcohol Abuse	Emotional Stress	Smoker
High Cholesterol Level	Physical Inactivity	Family History
High Blood Pressure	Overweight	High Fat Diet

Decrease your risks with management & prevention:

- Regular Exercise and Strength Training Program
- Eat a Low Fat/High Fiber Diet
- No Smoking
- Maintain a Healthy Body Weight
- Monitor BP and Cholesterol Levels
- Reduce Daily Stressors
- Limit alcohol and caffeine intake

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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