

TIC TAC RISK

For Heart Disease

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.

High Blood Pressure	Post-Menopausal No Hormone Replacement Therapy	Smoker
Family History	Physical Inactivity	High Fat Diet
High Cholesterol Low HDL	Diabetic	Obesity

Decrease your risks with management & prevention:

- Exercise
- Limit Alcohol Intake
- No Smoking
- Monitor BP and Cholesterol
- Eat a Low Fat/High Fiber Diet
- Maintain Healthy Weight

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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