

## TIC TAC RISK

### For Low Back Pain

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.

Poor Lifting Habits	History of Back Problems	Degenerative Disc
Poor Flexibility	Physical Inactivity	Poor Posture
Family History	Excess Body Weight	Weak Back/Abs Muscles

Decrease your risks with management & prevention:

- Exercise
- Adequate Calcium
- Adequate Vitamin D
- Maintain Healthy Weight
- Strength Training
- Back Stretches
- Minimize Stress

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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