

TIC TAC RISK

For Musculoskeletal Weakness

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.

Stroke	Cardiovascular Disease	Diabetes
Arthritis	Physical Inactivity	Mobility Problems
Multiple Chronic Conditions	Depression	Obesity

Decrease your risks with management & prevention:

- Participate in a Strength Training Program 2-3 times per week
- Walk Daily
- Consume Protein Enriched Foods
- Maintain Healthy Body 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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