

TIC TAC RISK

For Obesity

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.

Excess Caloric Intake	High Fat Diet	Mental Illness
Excess Alcohol Use	Physical Inactivity	Diabetic
Family History	Low Fiber Diet	High Cholesterol Diet

Decrease your risks with management & prevention:

- Exercise
- Low Fat Diet
- Diet High in Fiber
- Reduce Total Calories
- Strength Training
- Limit Alcohol Intake
- Increase Fruits & Vegetables
- Limit Sweets & Alcohol

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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