

TIC TAC RISK

For Osteoporosis

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.

Fair Skin	Diet <800 mg. Calcium	Diet <200 units Vitamin D
Small Bones	No Strength Training	Excess, Caffeine Intake
Early Menopause	Family History	No Pregnancies

Decrease your risks with management & prevention:

- Weight Bearing Exercise
- Adequate Calcium
- Adequate Vitamin D
- No Smoking
- Strength Training
- Limit Caffeine Intake
- Limit Alcohol 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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