

TIC TAC RISK

For Parkinson's Disease

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.

Encephalitis	Depression	Male
Genetics First Degree Relative	Drank Well Water	Caucasian
Medical Conditions Arteriosclerosis Stroke	Lifetime Exposure to Industrial & Environmental Pollutants (Pesticides, Herbicides)	Lived in Rural Area/Agricultural Worker

Decrease your risks with management & prevention:

- Consume a diet rich in Calcium
- Consume a diet rich in Vitamin D
- Consume a diet rich in Vitamin B
- Practice walking correctly
- Perform Range of Motion Exercises

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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