

What Can You Do To Lower Your Risk?

X G E W B L O O D S U G A R E I S
D U J K I F M X S L S T Y V R Q W
X N Q J J G S K Q S U I E Z U D G
N B T X R S N O I T R O P Y S R P
B E I X N F W B N J N S K L S I R
U Z V Q J E C W E D U D Y F E J X
U F T B G Y W J M D T U O Z R D H
J X S F V E R G U F R S J N P H U
L T G H S C N R N K I A E G D M W
E A N D O P Z D Z L T Z S E O B H
C I I X J A T I E R I Q I T O H Z
A N N N K R C A I R O G C I L R Y
A H E Q T H L L L C N G R J B H K
X D E R A C E G U R Q S E T N Q K
Y W R P S E G A X T A T X K F N O
A L C P B C Q D I L B C E T I H C
H J S N F J C H O L E S T E R O L

Blood Pressure

Cholesterol

Blood Sugar

Screenings

Nutrition

Portions

Exercise

Gender

Race

Age