IRION COUNTY I.S.D.

“Wellness Guide”

12 STEPS FOR LIFE

TOP 10 LEADING CAUSES OF DEATH

ADULT PREVENTIVE HEALTH RECOMMENDATIONS

KNOW YOUR BMI

KNOW YOUR WAIST-TO-HIP RATIO

CHOLESTEROL

EXERCISE RECOMMENDATIONS AND CALORIES BURNED

EXERCISE GOALS

WHAT IS MY TARGET HEART RATE?

HEALTHY EATING TIPS

DAILY FOOD AND ACTIVITY DIARY

FOOD PYRAMIDS AND 100 CALORIE SNACK CHOICES

BONE HEALTH

ALCOHOL AND YOUR HEALTH

SMOKING

STRESS

BLOOD PRESSURE

10 TIPS TO BETTER SLEEP

SETTING GOALS THE “SMART” WAY

GOAL SETTING WORKSHEET

HEART ATTACK AND STROKE WARNING SIGNS

STAYING HEALTHY AND PREVENTING DISEASE