

CHRONIC DISEASE CARDS - PREVENTIVE CARE

Heart Disease

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating fresh food

Eating whole grains

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Practicing your favorite sport twice a week

Eating breakfast, lunch, and dinner everyday

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Walking 2,000 steps per day

Practicing your favorite sport twice a week

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating fast food

Eating too many sweets

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Snacking too much

Smoking cigarettes

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Skipping meals

Sitting and watching TV for many hours

4.1.

4.1.

CHRONIC DISEASE CARDS - PREVENTIVE CARE

Diabetes

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating Fresh Food

Eating whole grains

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Practicing your
favorite sport twice
a week

Eating fast food

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating too many
sweets

Snacking too much

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

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4.1.

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MATCH UP CARDS - PREVENTIVE CARE

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4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

4.1.

4.1.

CHRONIC DISEASE CARDS - PREVENTIVE CARE

Obesity

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating fresh food

Eating whole grains

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating a high fiber
diet

Walking 2,000 steps
per day

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Practicing your
favorite sport twice
a week

Eating fast food

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating too many
sweets

Snacking too much

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Skipping meals

Sitting and watching
TV for many hours

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

4.1.

4.1.

CHRONIC DISEASE CARDS - PREVENTIVE CARE

Hypertension

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Sleeping at least 8
hours

Eating whole grains

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Eating fresh food

Walking 2,000 steps
per day

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Practicing your
favorite sport twice
a week

Staying up too late

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Drinking too much
caffeine

Staying up all night

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

Drinking more than
two alcoholic drinks
each day

Smoking cigarettes

4.1.

4.1.

MATCH UP CARDS - PREVENTIVE CARE

MATCH UP CARDS - PREVENTIVE CARE

4.1.

4.1.