

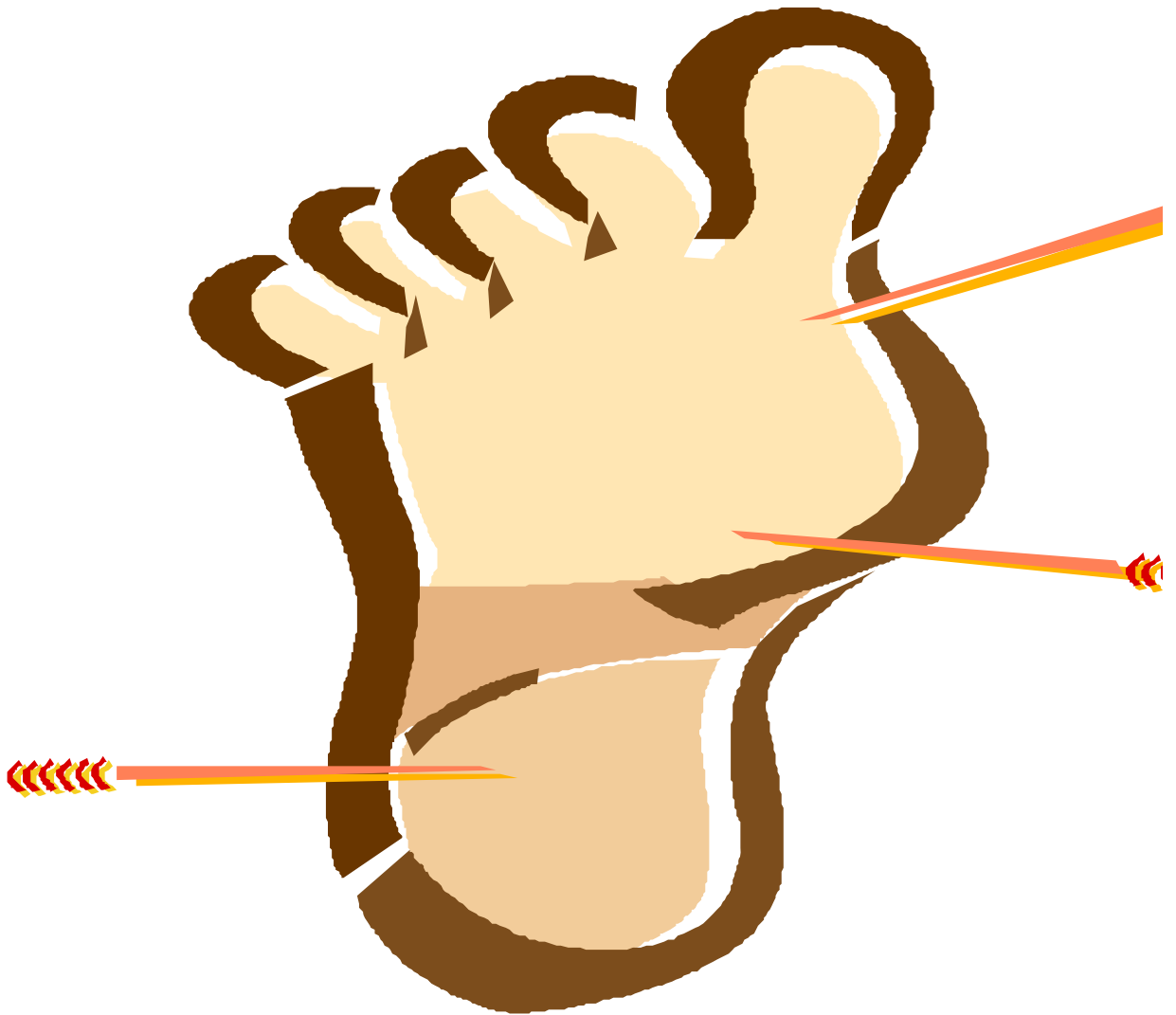


**Try a Healthy
Recipe**



Take Medications

Check Feet



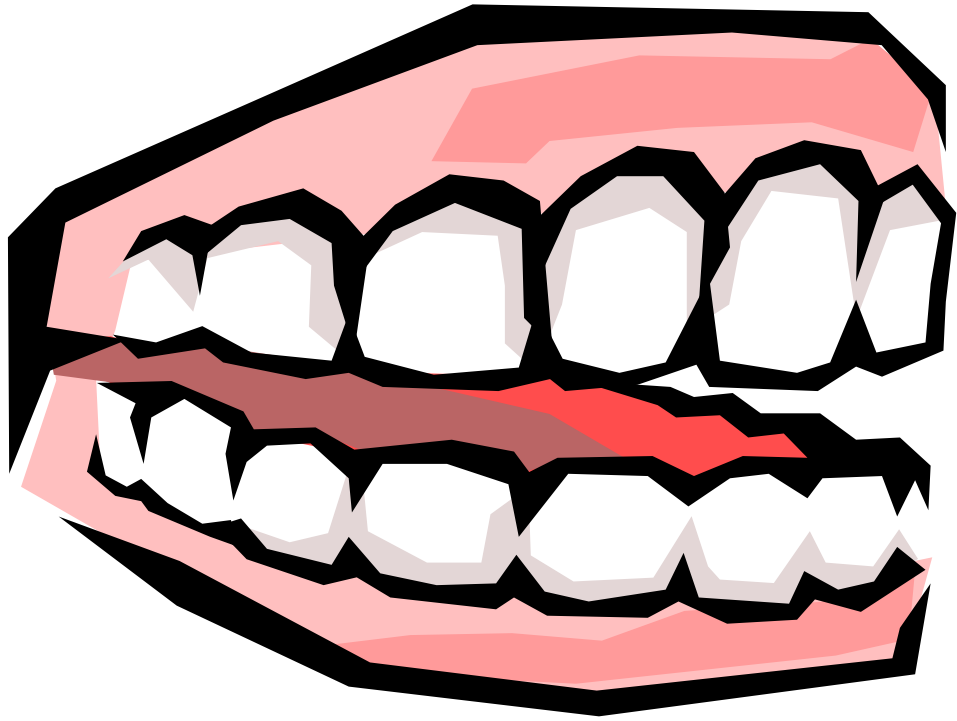
Blood Pressure



Below 130/80

Control Portions





**Get Teeth
Checked**

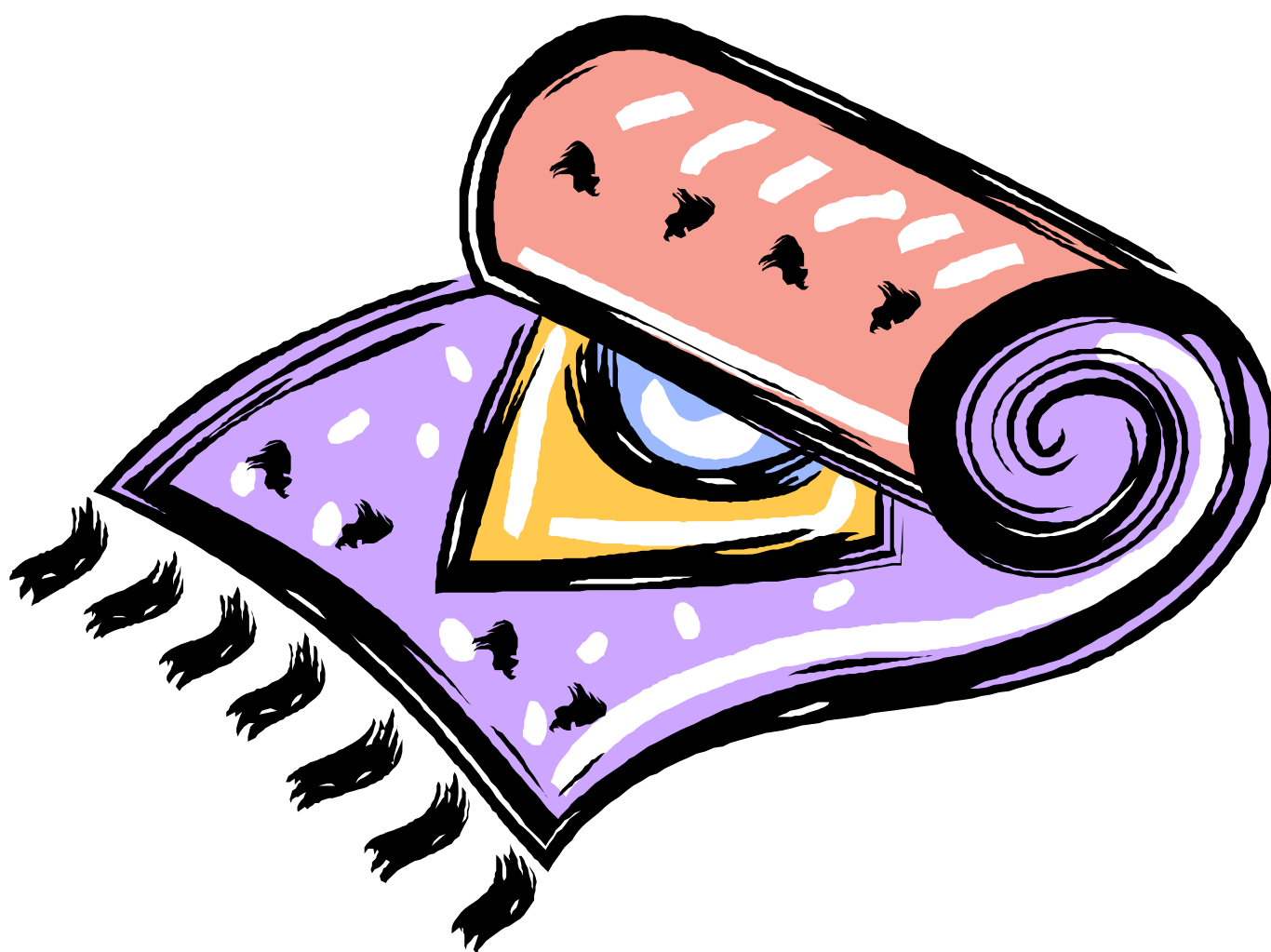
Reduce Salt



Be Positive



Use Non-Slip Rugs

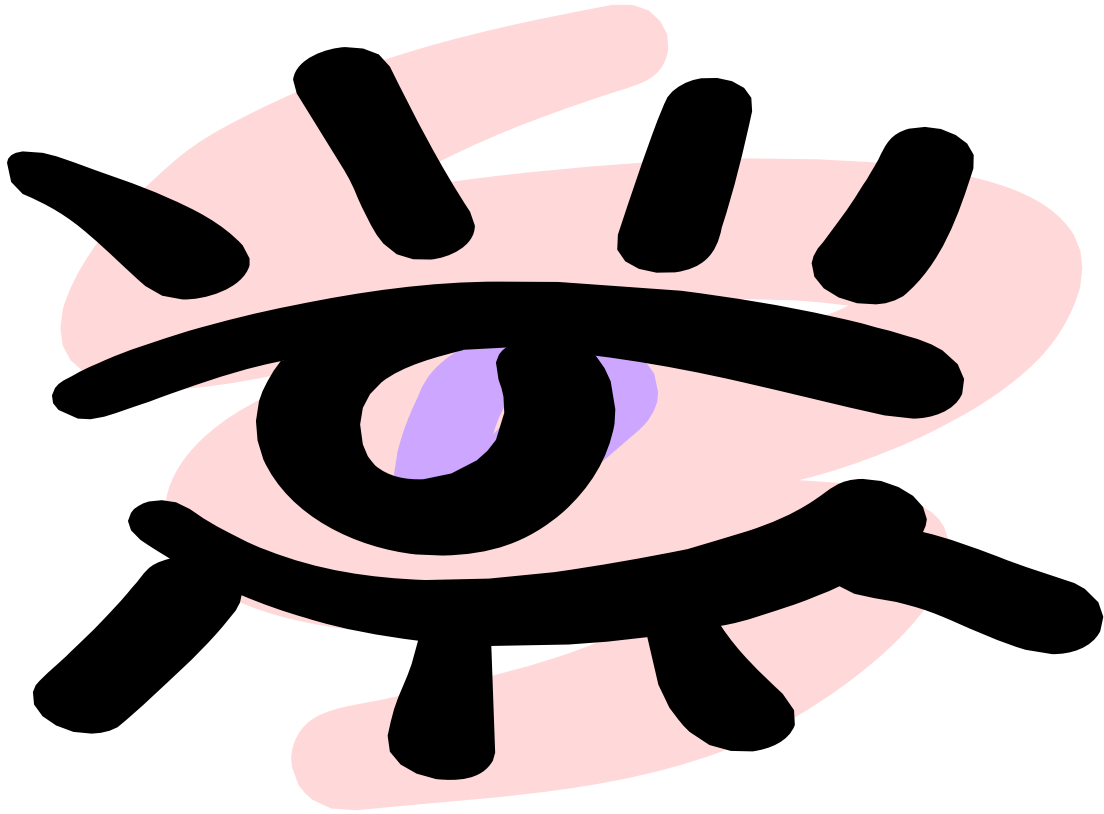




**Eat a Variety of
Foods**

Eat Whole Grains



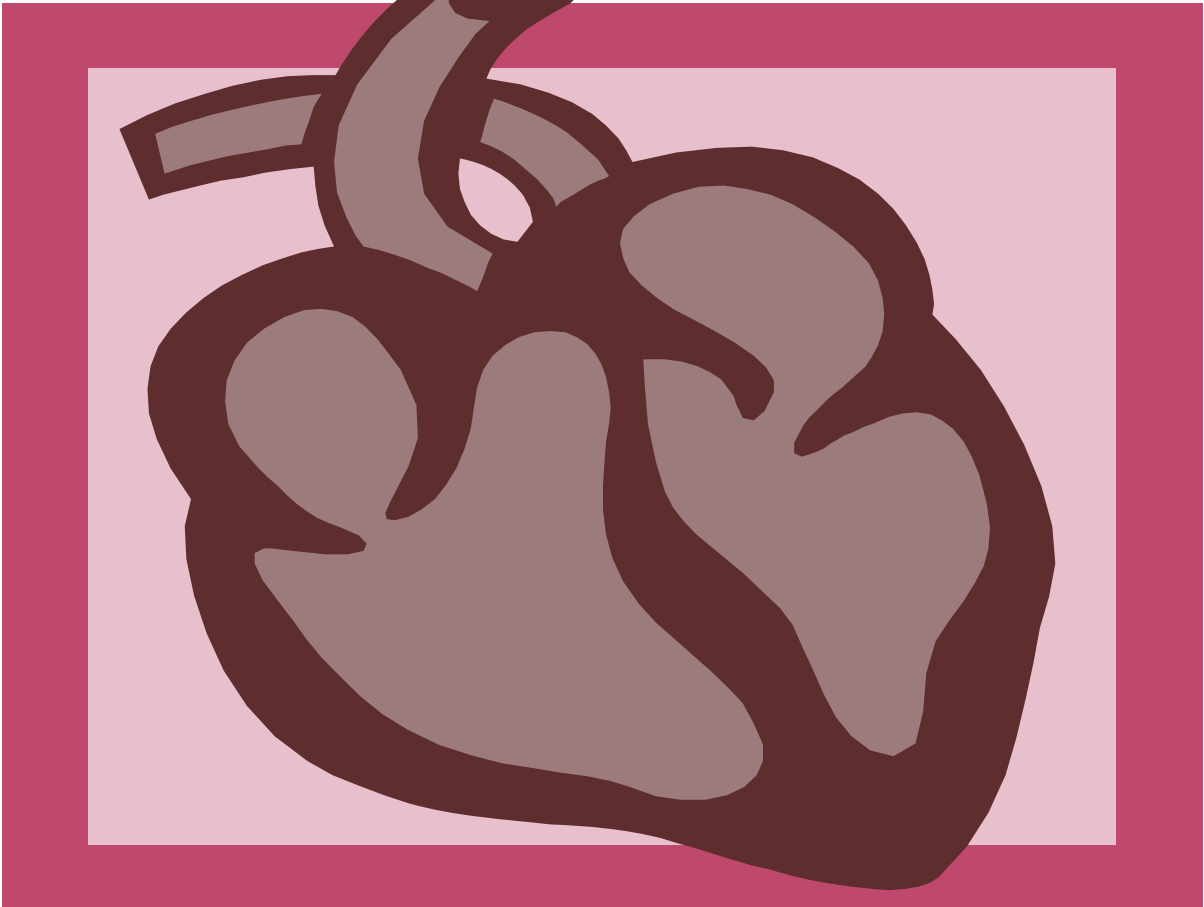


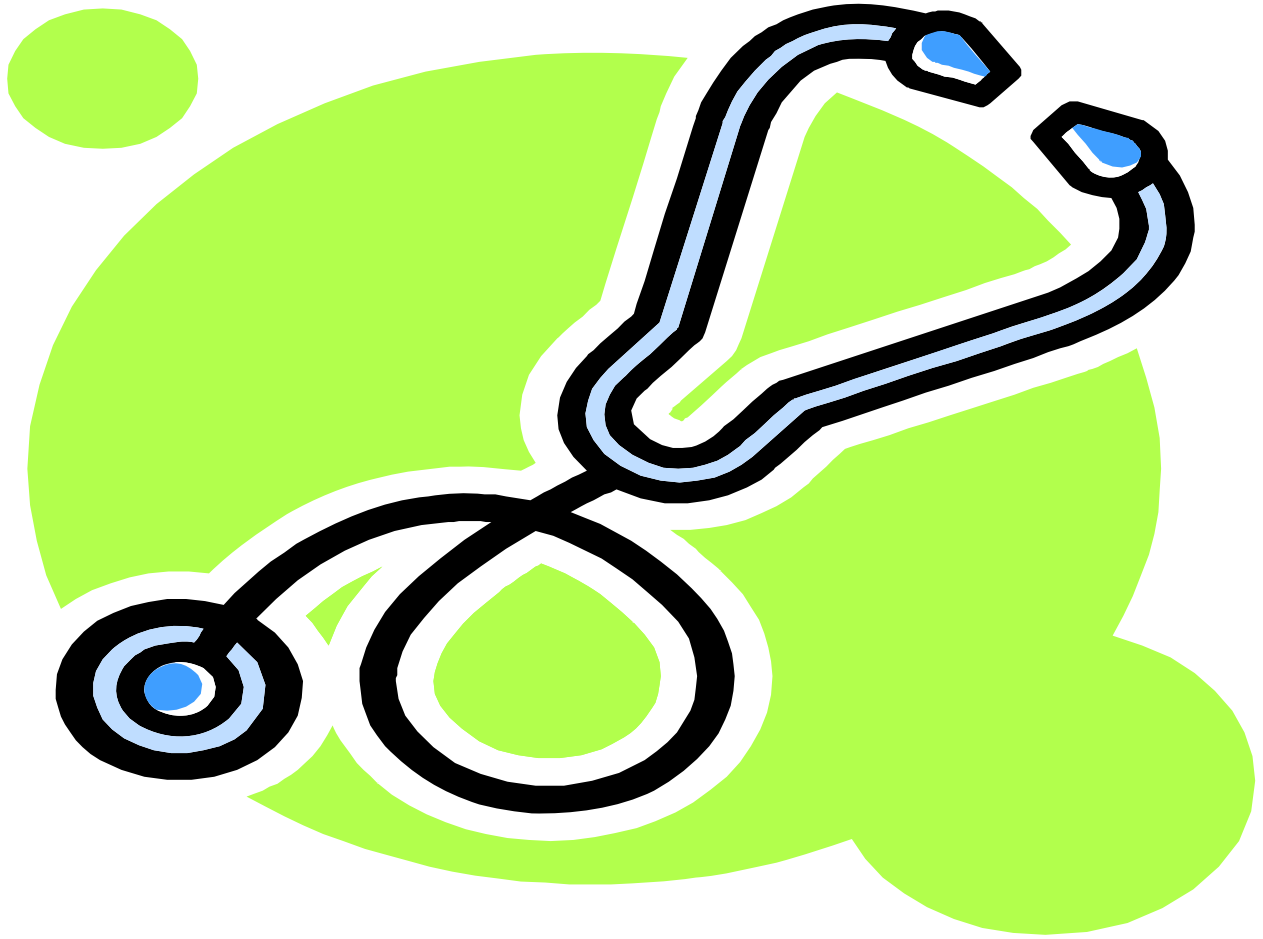
**Get Eyes
Checked**

Chair Exercises



Reduce Fat





**Get Regular
Checkups**

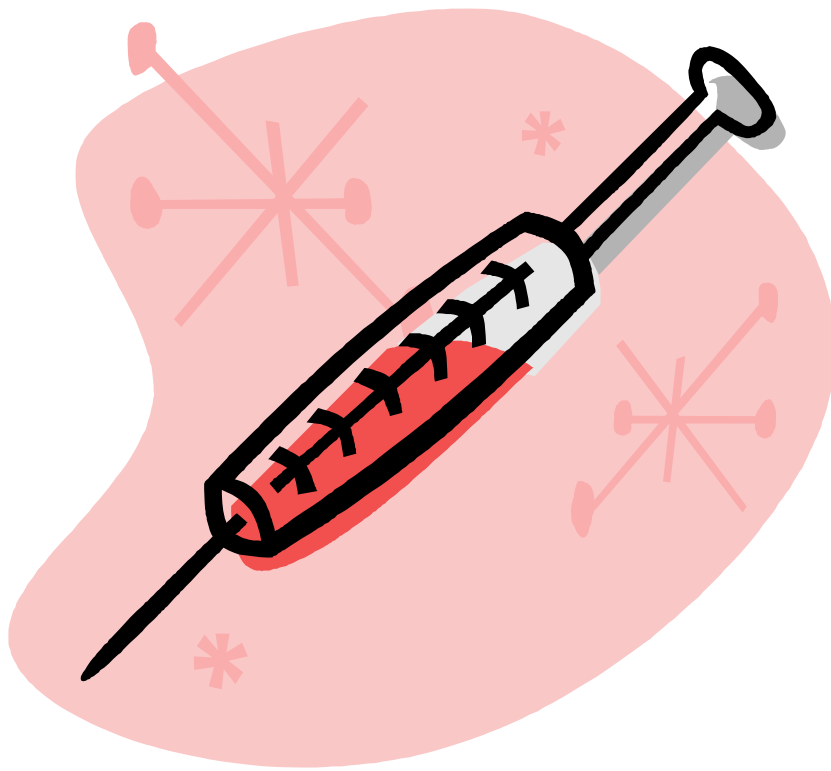
Take a Supplement w/ Vitamin D





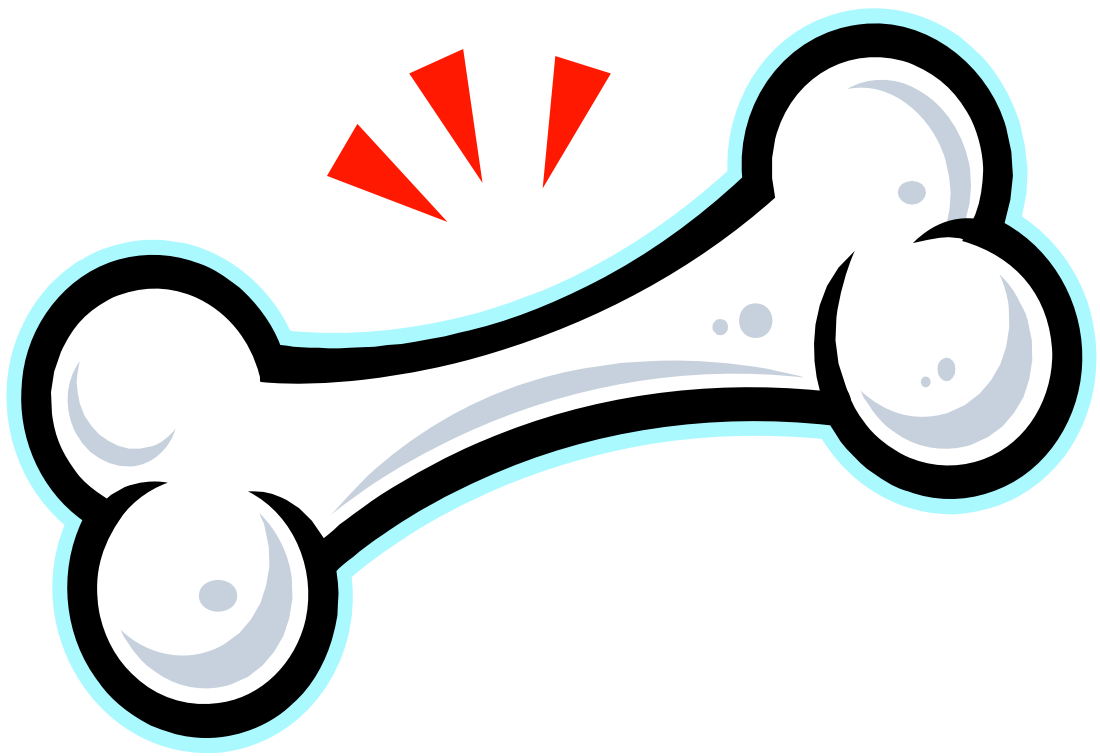
**Check Food
Labels**

A1c



Less than 7%

Check Bones



Be Active



30 Minutes Daily



Good Lighting

Eat Foods rich in Vitamin D





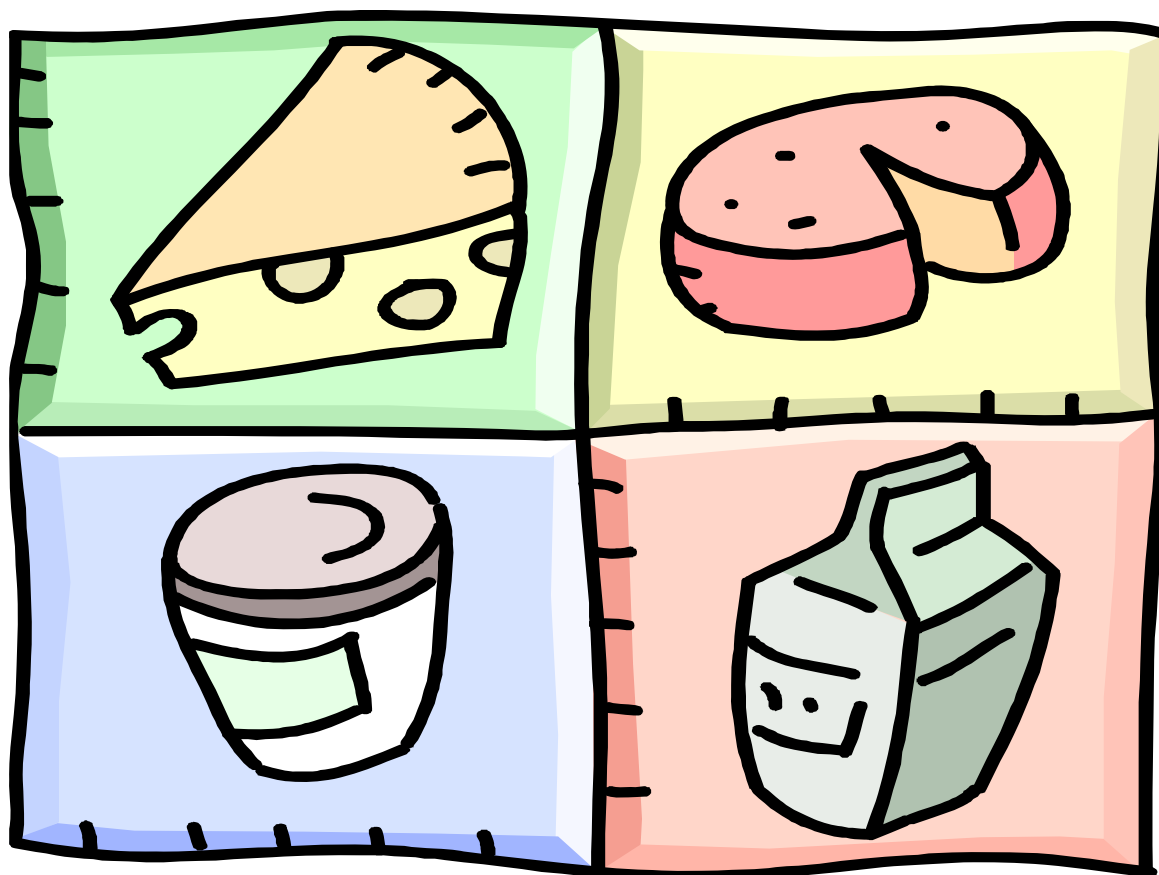
Go for a Walk

Cholesterol

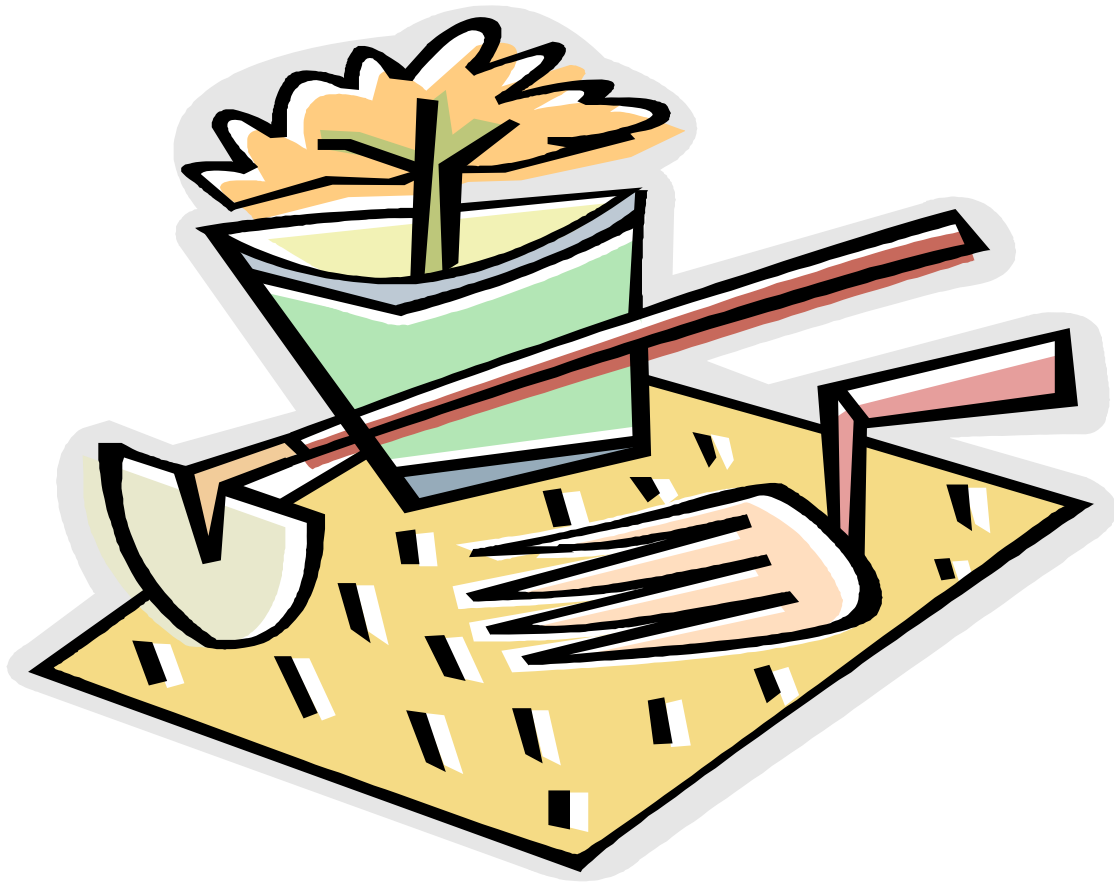


**LDL Less than 100
mg/dL**

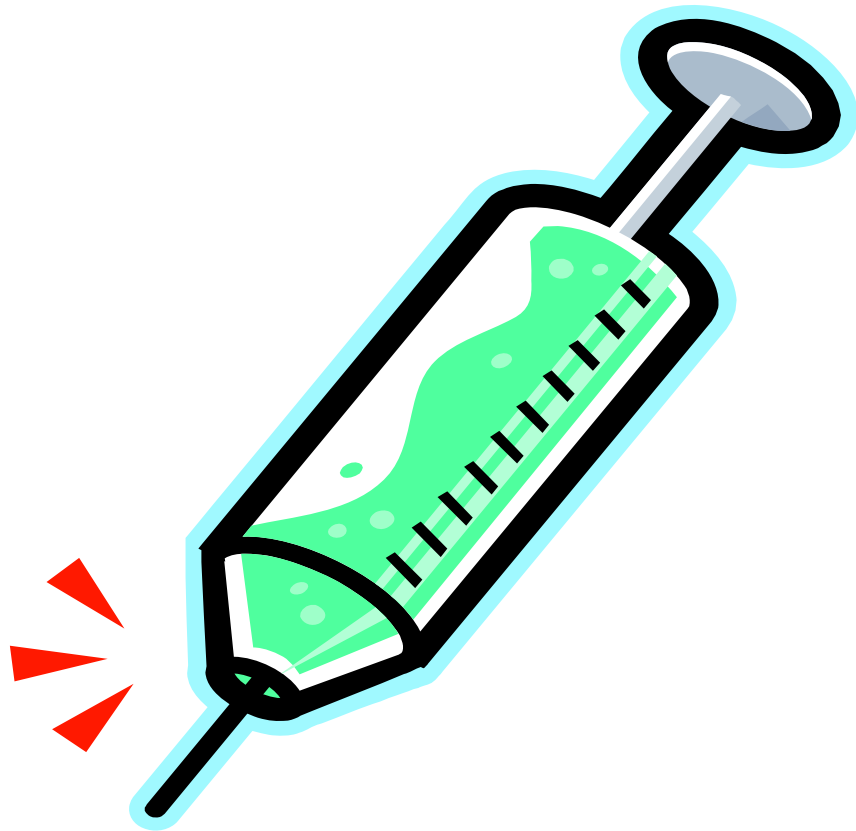
Eat Calcium Rich Foods



Gardening



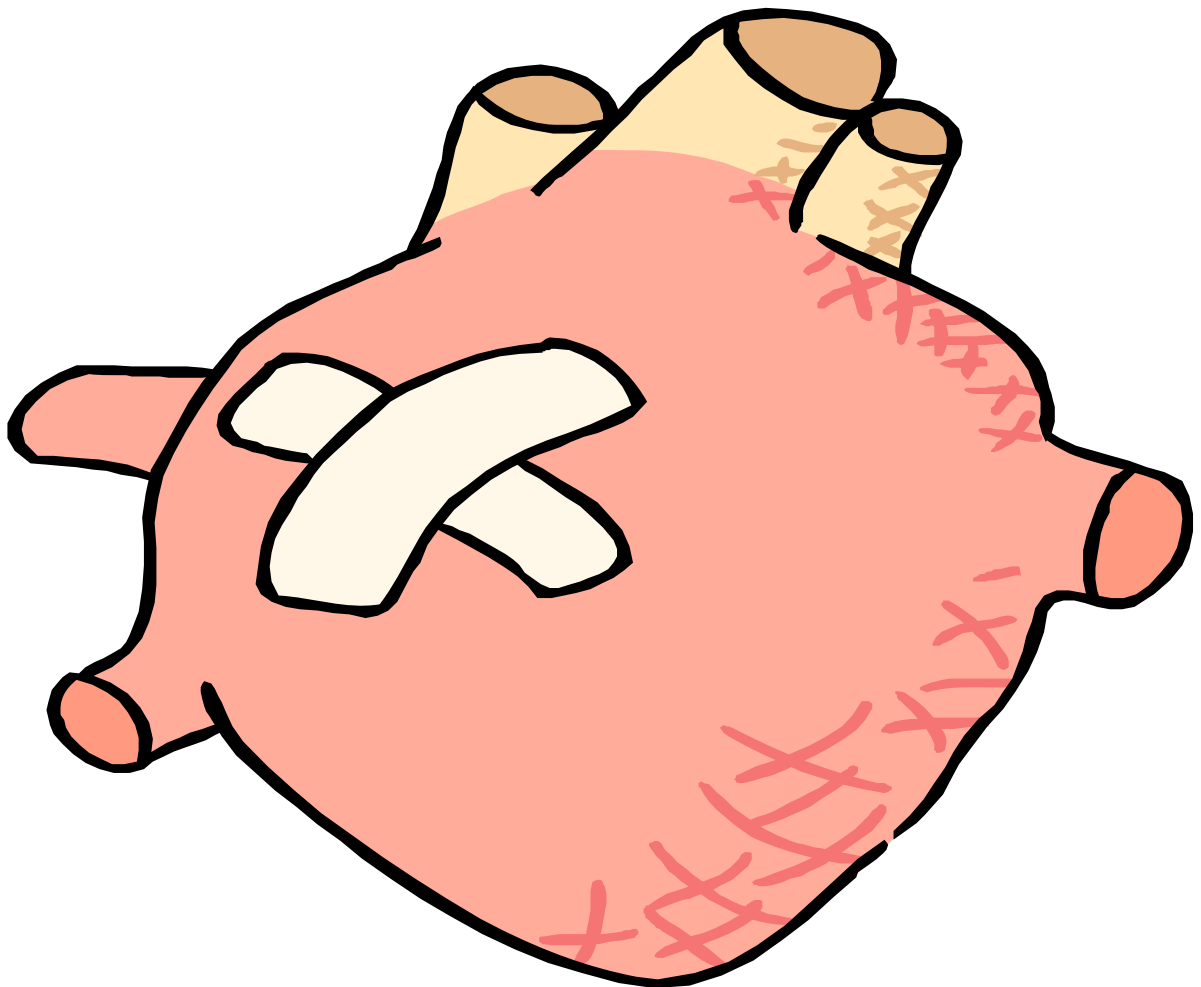
Test Blood Sugar





Don't Smoke

Know the signs of a heart attack



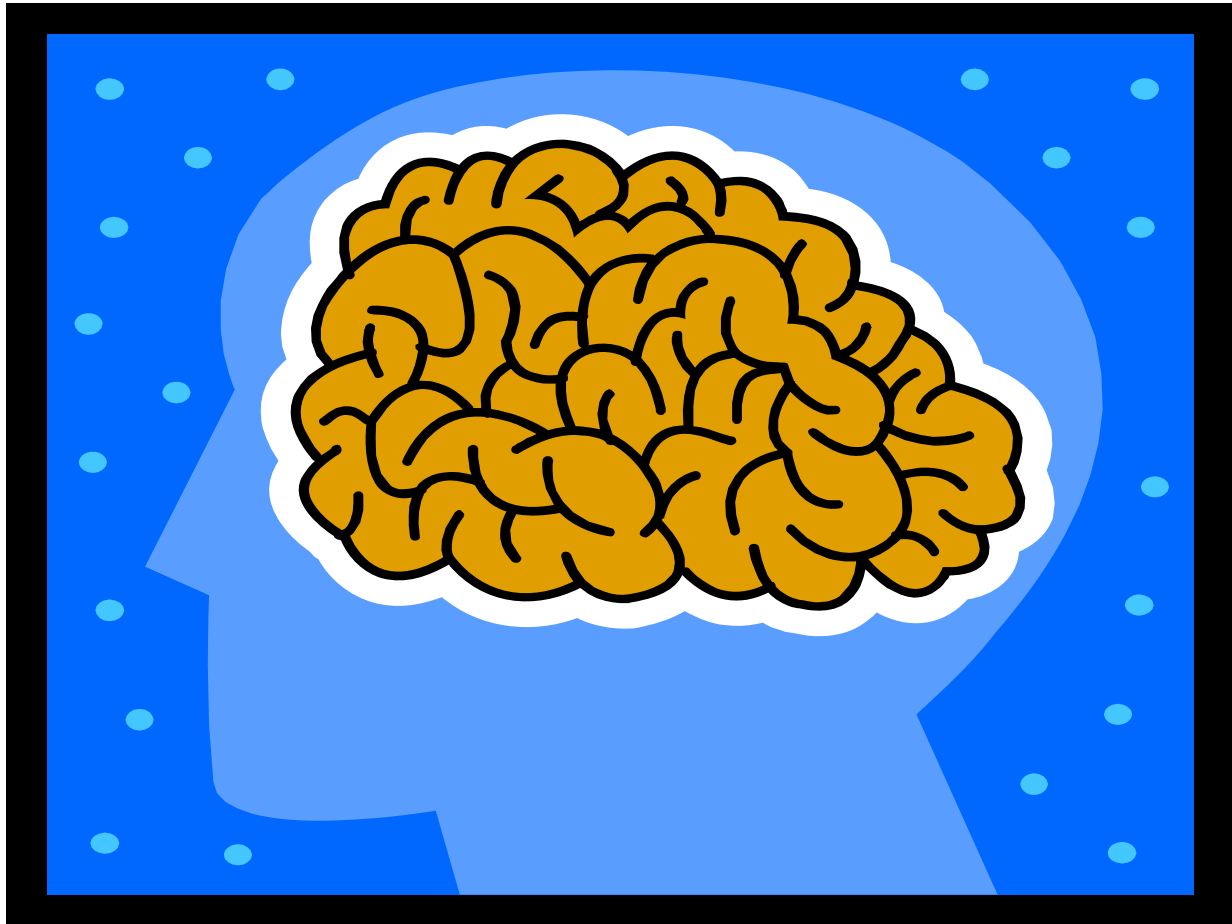
Eat Fruits & Vegetables



7 to 10 daily

Take a Calcium Supplement





**Know the signs of
a stroke**