Here are things I can choose to do:

- If I smoke, I will ask my doctor to help me quit.
- If I chew tobacco, I will ask my doctor to help me quit.
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit.
- If I do not use tobacco, I choose not to start.
- I will ask people not to smoke around me.
Today we measured three things that tell about your health:
1. How much body fat you have (BMI)
2. How strong your bones are (BMD)
3. Your blood pressure (BP)

Your BMI is:
☐ You are at a healthy weight.
☐ Your weight is not healthy. Show this card to your doctor.

Your BMD score is:
☐ Your bones are healthy.
☐ Your bones need to be stronger. Show this card to your doctor.

Your BP is:
☐ Your blood pressure is normal
☐ Your blood pressure is too high. Show this card to your doctor.