

I choose to eat more fruits and vegetables

I choose to change!

Here are things I can choose to do:

- Eat a fruit a day with lunch.
- Make half my plate fruits and vegetables every day.
- Have a salad for lunch.
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas.
- Make a fruit smoothie with skim milk or nonfat plain yogurt for dessert.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to eat more fruits and vegetables

I choose to change!

Here are things I can choose to do:

- Eat a fruit a day with lunch.
- Make half my plate fruits and vegetables every day.
- Have a salad for lunch.
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas.
- Make a fruit smoothie with skim milk or nonfat plain yogurt for dessert.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to eat more fruits and vegetables

I choose to change!

Here are things I can choose to do:

- Eat a fruit a day with lunch.
- Make half my plate fruits and vegetables every day.
- Have a salad for lunch.
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas.
- Make a fruit smoothie with skim milk or nonfat plain yogurt for dessert.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to eat more fruits and vegetables

I choose to change!

Here are things I can choose to do:

- Eat a fruit a day with lunch.
- Make half my plate fruits and vegetables every day.
- Have a salad for lunch.
- When I want crunchy foods, I can eat apple slices, little carrots, celery sticks, or snap peas.
- Make a fruit smoothie with skim milk or nonfat plain yogurt for dessert.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

I choose to control my blood pressure

I choose to change!



Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink low-fat milk or eat low-fat yogurt every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to control my blood pressure

I choose to change!



Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink low-fat milk or eat low-fat yogurt every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to control my blood pressure

I choose to change!



Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink low-fat milk or eat low-fat yogurt every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to control my blood pressure

I choose to change!



Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink low-fat milk or eat low-fat yogurt every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

I choose to protect myself in the sun

I choose to change!

Here are things I can choose to do:

- Stand in the shade when I can.
- Wear clothes that cover my skin when I am in the sun a long time.
- Wear a hat.
- Wear shades.
- Use sunscreen.
- I will buy sunscreen with SPF 15 or higher.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.



Special Olympics
Health Promotion



I choose to protect myself in the sun

I choose to change!

Here are things I can choose to do:

- Stand in the shade when I can.
- Wear clothes that cover my skin when I am in the sun a long time.
- Wear a hat.
- Wear shades.
- Use sunscreen.
- I will buy sunscreen with SPF 15 or higher.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.



Special Olympics
Health Promotion



I choose to protect myself in the sun

I choose to change!

Here are things I can choose to do:

- Stand in the shade when I can.
- Wear clothes that cover my skin when I am in the sun a long time.
- Wear a hat.
- Wear shades.
- Use sunscreen.
- I will buy sunscreen with SPF 15 or higher.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.



Special Olympics
Health Promotion



I choose to protect myself in the sun

I choose to change!

Here are things I can choose to do:

- Stand in the shade when I can.
- Wear clothes that cover my skin when I am in the sun a long time.
- Wear a hat.
- Wear shades.
- Use sunscreen.
- I will buy sunscreen with SPF 15 or higher.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.



Special Olympics
Health Promotion



Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

I choose to drink water every day

I choose to change!

Here are things I can choose to do:

- Drink water instead of sweetened drinks once each day.
- Eat fresh, juicy fruits when I am hot, like berries, watermelon, oranges, and apples.
- Drink one bottle of water before my event.
- Drink one bottle of water after my event.
- Drink a glass of water before each meal.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to drink water every day

I choose to change!

Here are things I can choose to do:

- Drink water instead of sweetened drinks once each day.
- Eat fresh, juicy fruits when I am hot, like berries, watermelon, oranges, and apples.
- Drink one bottle of water before my event.
- Drink one bottle of water after my event.
- Drink a glass of water before each meal.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to drink water every day

I choose to change!

Here are things I can choose to do:

- Drink water instead of sweetened drinks once each day.
- Eat fresh, juicy fruits when I am hot, like berries, watermelon, oranges, and apples.
- Drink one bottle of water before my event.
- Drink one bottle of water after my event.
- Drink a glass of water before each meal.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose to drink water every day

I choose to change!

Here are things I can choose to do:

- Drink water instead of sweetened drinks once each day.
- Eat fresh, juicy fruits when I am hot, like berries, watermelon, oranges, and apples.
- Drink one bottle of water before my event.
- Drink one bottle of water after my event.
- Drink a glass of water before each meal.



Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

I choose to have clean hands

I choose to change!



Here are things I can choose to do:

- Use soap every time I wash my hands.
- Wash my hands with soap for 20 seconds and scrub the front and back of my hands and wrists and:
 - Between my fingers and thumbs.
 - Under my fingernails.
- Wash my hands with soap every time:
 - After I use the toilet.
 - After I change a diaper.
 - Before I touch food or eat.
- Cough or sneeze into my elbow instead of my hand.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



I choose to have clean hands

I choose to change!



Here are things I can choose to do:

- Use soap every time I wash my hands.
- Wash my hands with soap for 20 seconds and scrub the front and back of my hands and wrists and:
 - Between my fingers and thumbs.
 - Under my fingernails.
- Wash my hands with soap every time:
 - After I use the toilet.
 - After I change a diaper.
 - Before I touch food or eat.
- Cough or sneeze into my elbow instead of my hand.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



I choose to have clean hands

I choose to change!



Here are things I can choose to do:

- Use soap every time I wash my hands.
- Wash my hands with soap for 20 seconds and scrub the front and back of my hands and wrists and:
 - Between my fingers and thumbs.
 - Under my fingernails.
- Wash my hands with soap every time:
 - After I use the toilet.
 - After I change a diaper.
 - Before I touch food or eat.
- Cough or sneeze into my elbow instead of my hand.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



I choose to have clean hands

I choose to change!



Here are things I can choose to do:

- Use soap every time I wash my hands.
- Wash my hands with soap for 20 seconds and scrub the front and back of my hands and wrists and:
 - Between my fingers and thumbs.
 - Under my fingernails.
- Wash my hands with soap every time:
 - After I use the toilet.
 - After I change a diaper.
 - Before I touch food or eat.
- Cough or sneeze into my elbow instead of my hand.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

I choose to have strong bones

I choose to change!



Here are things I can choose to do:

- Drink a glass of milk instead of a soda.
- Keep working on my sport!
- Choose not to smoke.
- Eat foods that build my bones:
 - Broccoli
 - Dark leafy lettuce
 - Almonds
 - Yogurt
- Take a vitamin pill with calcium and vitamin D.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



I choose to have strong bones

I choose to change!



Here are things I can choose to do:

- Drink a glass of milk instead of a soda.
- Keep working on my sport!
- Choose not to smoke.
- Eat foods that build my bones:
 - Broccoli
 - Dark leafy lettuce
 - Almonds
 - Yogurt
- Take a vitamin pill with calcium and vitamin D.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



I choose to have strong bones

I choose to change!



Here are things I can choose to do:

- Drink a glass of milk instead of a soda.
- Keep working on my sport!
- Choose not to smoke.
- Eat foods that build my bones:
 - Broccoli
 - Dark leafy lettuce
 - Almonds
 - Yogurt
- Take a vitamin pill with calcium and vitamin D.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



I choose to have strong bones

I choose to change!



Here are things I can choose to do:

- Drink a glass of milk instead of a soda.
- Keep working on my sport!
- Choose not to smoke.
- Eat foods that build my bones:
 - Broccoli
 - Dark leafy lettuce
 - Almonds
 - Yogurt
- Take a vitamin pill with calcium and vitamin D.
- Take a vitamin D pill every day.

Food images © 2006 Silverlining Multimedia. Used with permission.

Special Olympics
Health Promotion



Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

Personal Health Card

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 or too low. Show this card to your doctor.

I choose sports— not tobacco

I choose to change!



Here are things I can choose to do:

- If I smoke, I will ask to 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.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose sports— not tobacco

I choose to change!



Here are things I can choose to do:

- If I smoke, I will ask to 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.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose sports— not tobacco

I choose to change!



Here are things I can choose to do:

- If I smoke, I will ask to 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.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

I choose sports— not tobacco

I choose to change!



Here are things I can choose to do:

- If I smoke, I will ask to 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.

Special Olympics
Health Promotion



Food images © 2006 Silverlining Multimedia. Used with permission.

Personal Health Card

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 BP is:

- Your blood pressure is normal.
- Your blood pressure is too high or too low. 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.

Personal Health Card

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 BP is:

- Your blood pressure is normal.
- Your blood pressure is too high or too low. 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.

Personal Health Card

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 BP is:

- Your blood pressure is normal.
- Your blood pressure is too high or too low. 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.

Personal Health Card

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 BP is:

- Your blood pressure is normal.
- Your blood pressure is too high or too low. 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.