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# Activity

## Research Personal Health Risks

Your overall health is a result of many different variables: The food you eat, the air you breathe, the sleep you get and more. But some risk factors are more important than others, including family history and your own personal behavior.

### **Understand Your Family History**

If you don't already know your family medical history, reach out to someone who will know. A genetic history of many life-threatening diseases, such as heart disease, diabetes, high blood pressure, stroke or cancer, places you at a higher level of risk for developing the disease yourself.

**Notes:**

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### **Consider Your Personal Health Risks**

Are you a smoker? Do you exercise the recommended 150 minutes each week? Does your job cause you to sit at a desk all day or sleep off hours? Your personal behavior (both your choices and items out of your control, such as your work schedule) can have a positive or a negative impact on your health—take some time to consider ways you might be putting yourself at risk.

**Notes:**

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### **Follow Up with a Doctor (If Necessary)**

If your family history or personal behavior raises concerns that you have never discussed with a doctor, it's a great idea to make an appointment to follow up or learn more!

**Notes:**

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