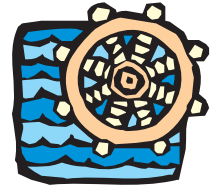
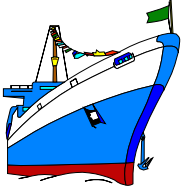


Ageing Well: Charting the Course to Better Health

Pre-test

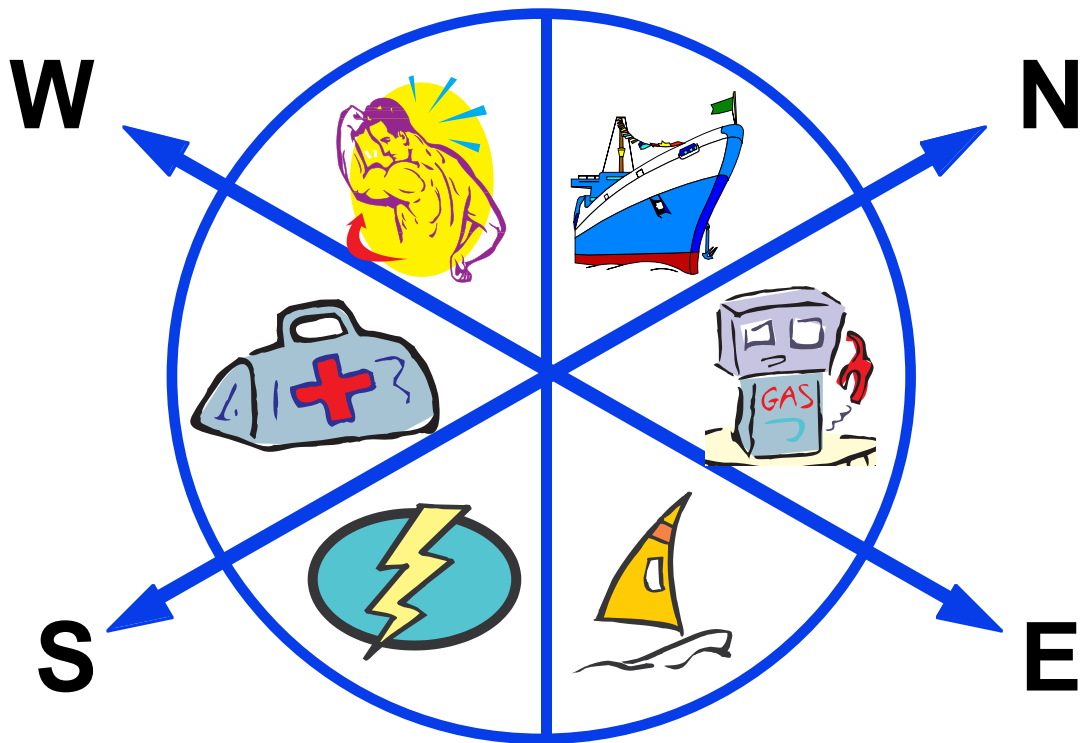


Are you seaworthy?

Mark each question as T for True, F for False and U for Unsure

- 1. High blood pressure that is left untreated doubles the risk of a heart attack before the age of 50.
- 2. Excess weight contributes to 90% of people that have adult onset diabetes.
- 3. One in every nine American women develops breast cancer.
- 4. A high fat diet is related to an increased risk of breast cancer.
- 5. A sense of humor is useless when you are under stress.
- 6. Adults should do self-exams each month of their skin, breast and mouth to prevent cancers in these areas.
- 7. You can lose 10-15 pounds of weight in one year by walking for thirty minutes daily.
- 8. Daily habits greatly influence your risk of developing disease.
- 9. Quitting smoking is the best way to improve your health.
- 10. Body shape can influence your risk of disease.
- 11. If I had known that I was going to live this long, I would have taken better care of myself.
- 12. Muscle mass cannot be gained after the age of 60.

Aging Well: Charting the Course to Better Health



Welcome aboard! Are you ready to set sail? For each area, rate your health behaviors. The goal of today's program is to find just one area to change. After reviewing each area, mark your points. Enjoy your trip to better health.

___ **1. Boat Factors**

Health Activist = 4 Points, Fence Sitter = 3 Points, Resistor = 1 Point, Stalwart = 0 Points

___ **2. Fuel**

Health Activist = 4 Points, Fence Sitter = 3 Points, Resistor = 1 Point, Stalwart = 0 Points

___ **3. Regatta**

Health Activist = 4 Points, Fence Sitter = 3 Points, Resistor = 1 Point, Stalwart = 0 Points

___ **4. Storm**

Health Activist = 4 Points, Fence Sitter = 3 Points, Resistor = 1 Point, Stalwart = 0 Points

___ **5. Maintenance**

Health Activist = 4 Points, Fence Sitter = 3 Points, Resistor = 1 Point, Stalwart = 0 Points

___ **6. Ship Shape**

Health Activist = 4 Points, Fence Sitter = 3 Points, Resistor = 1 Point, Stalwart = 0 Points

Total Points: _____

List one area that you are ready to change your course:

Chart your course for better health by taking action.

List one new behavior that you can do: today - this week - this month!