

## Reducing Controllable Health Risk Factors

	<b>Walking Jogging Running</b>	<b>Weight Training</b>	<b>Aerobics</b>	<b>Swimming</b>	<b>Tennis</b>	<b>Cycling</b>
<b>Inactivity</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Obesity</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Cholesterol</b>	<b>X</b>		<b>X</b>	<b>X</b>		<b>X</b>
<b>Blood Pressure</b>	<b>X</b>		<b>X</b>	<b>X</b>		<b>X</b>
<b>Stress</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Smoking*</b>						

\*refraining from use