

Small Changes for Health 2006



Week 4



According to the American Heart Association, cardiovascular (heart) disease killed approximately 910,600 people in 2003 making it the number one cause of death among Americans. There are a variety of risk factors including obesity, high blood pressure, high cholesterol, family history, and LACK OF PHYSICAL ACTIVITY. Physical activity helps to keep the heart muscle strong, and can also help to reduce or maintain a healthy weight and blood pressure. Thus this week's change

focuses on ways to increase physical activity in our everyday lives.

Your Small Change: Make sure that you walk up at least 2 flights of stairs 5 days this week.

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 4

Your Small Change: Make sure that you walk up at least 2 flights of stairs 5 days this week.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments: _____

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

