

BAD HABITS CAN BE HAZARDOUS TO YOUR HEALTH

Your health is affected by your daily activities:

- ...the food you eat;
- ...the vehicle you drive;
- ...the seatbelts you don't wear;
- ...the speed limits you ignore;
- ...the drugs you take;
- ...the cigarettes you smoke;
- ...the alcohol you drink;
- ...abuse of over-the-counter drugs;
- ...taking precautions/needless risks;
- ...becoming fit and keeping fit or watching television;
- ...learning how to handle stress, tension and loneliness.

You can improve your health by improving your habits.

(Reprinted in part from *How Do Your Habits Affect Your Health?* Health Habit Quiz, published by South-Central Health Planning and Development, Inc.)

ALEUTIAN/PRIIBILOF ISLAND ASSOC., INC.
BRISTOL BAY AREA HEALTH CORPORATION
COOK INLET NATIVE ASSOCIATION
COPPER RIVER NATIVE ASSOCIATION

NORTON SOUND HEALTH CORPORATION
SOUTHEAST ALASKA REGIONAL HEALTH CORP.
TANANA CHIEFS CONFERENCE
YUKON-KUSKOKWIM HEALTH CORPORATION

KODIAK AREA NATIVE ASSOCIATION
MAUNELUK ASSOCIATION
THE NORTH PACIFIC RIM
NORTH SLOPE BOROUGH HEALTH CORP.

WHY EXERCISE?

1. Heart and lungs work better
2. Stronger muscles - hard and firm
3. Clear skin
4. Better digestion
5. Good coordination
6. More energy
7. Improved sleep and rest
8. Burns calories

And that's just for starters!

