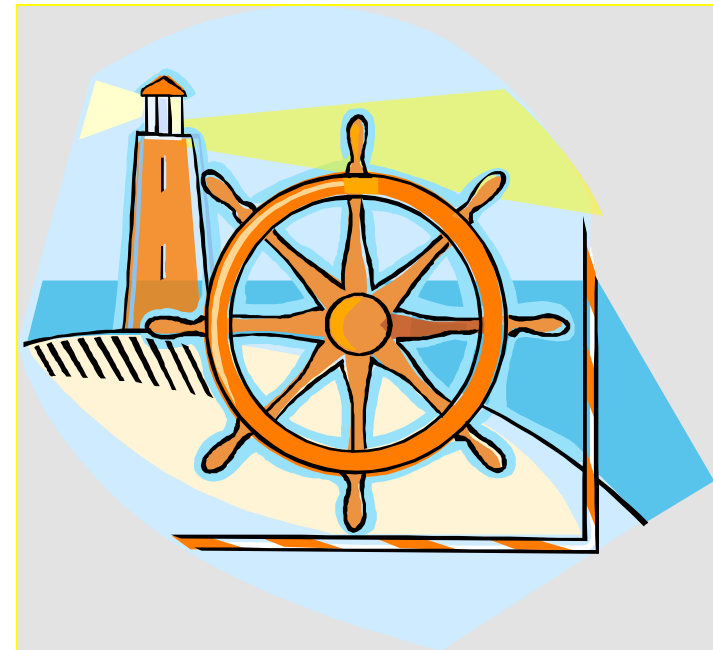


HEALTH PRESCRIPTION



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INVENTORY OF LIVING HABITS

Health prescription is an inventory of Your living habits and how they promote Your health. You can evaluate which parts of Your lifestyle require improvement and write down the first thing You want to do to change Your habits.

Health prescription is an agreement with yourself.

With the help of the health prescription You can – if You choose to do so – steer Your lifestyle into a healthier direction. Many diseases such as overweight, high blood pressure, diabetes and high cholesterol are national diseases in Finland. The health prescription helps You to prevent these problems.

It's advisable to start changing Your living habits in small steps. Trying to do too many changes at once, makes it hard or even impossible to archive permanent changes in lifestyle.

More information:

<http://www.kansanterveys.info/>

North Karelia Centre for Public Health 2008

HEALTH PRESCRIPTION

How well the following living habits are carried out in Your life.

	<i>very good</i>	<i>fairly good</i>	<i>not at all</i>
well-balanced diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
regular meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
appropriate weight for length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
regular exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sufficient sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
non-smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
moderate alcohol use or no use at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
follow-up on Your health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Choose three living habits You think are the most important to invest in Your life in the near future and prioritize them (1 - 2 - 3).

- sufficient sleep and rest
- regular meals
- well-balanced diet
- weight-control
- smoking cessation
- reducing alcohol use
- increasing exercise
- regular follow-ups of Your health

What will be the first thing You are going to do when starting to carry out the changes to Your living habit?

Date / 200__ Signature _____