

Health Risk Factor

Smoking

Health Risk

Increases risk of lung cancer and decreases the ability to breathe.

Activity

Jog in place for one minute while breathing through a straw.



Health Risk Factor

Excessive Body Fat

Health Risk

Increases risk of type 2 diabetes and heart disease.

Activity

Perform 20 to 25 modified squats while holding a weight in each hand.



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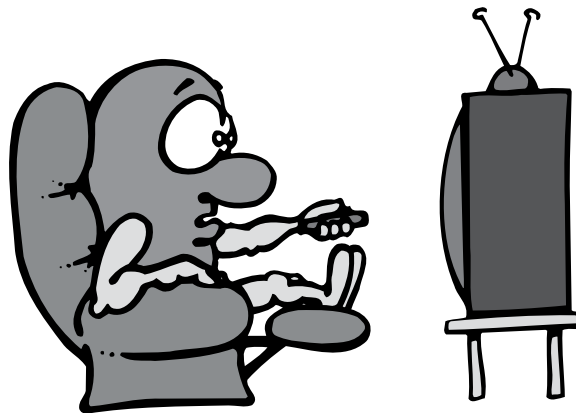
Physical Inactivity

Health Risk

Increases risk factors for heart disease, such as high blood pressure.

Activity

Alternate stepping up and down on a platform approximately 12 to 16 inches (30 to 40 cm) in height for one minute. The step procedure can be performed to a repeated cadence by placing one foot up on the bench (first beat), stepping up with the second foot (second beat), stepping down with one foot (third beat), and stepping down with the other foot (fourth beat).



Health Risk Factor

Substance Abuse

Health Risk

Increases the risk of unintentional injuries and organ damage to the liver and brain.

Activity

Spin around three times, close one eye, and attempt to throw a ball at a target approximately 15 feet (4.5 m) away.

