



Play games with your kids instead of your health.

Numbers to Live By:

Blood pressure

Blood glucose

Cholesterol

Body mass index (BMI)

Every day, a father, son or brother dies from heart disease, stroke or diabetes, the three top killers of men. Be a game changer by practicing prevention.

- Sleep 7 to 9 hours daily
- Exercise 2.5 hours each week
- Eat more fruits and veggies
- Consume less salt, sugar and alcohol
- Manage stress

Please see a doctor if you have chest pain, shortness of breath, excessive thirst, and problems with urination.



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800-4-BAPTIST

Get Better.