



Want to Avoid

Lifestyle Diseases?

*Discover how to minimize your risks for **Cancer, Obesity, Diabetes and Hypertension***

- **Take charge of your health**
- **Reduce your chances of disease**
- **Cut healthcare costs**
- **Look and feel better**

"Making healthful changes in your life is the best thing you can do for both your physical and emotional well-being." — CNN

"Chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States. Chronic diseases account for 70% of all deaths in the U.S., which is 1.7 million each year. These diseases also cause major limitations in daily living for almost 1 out of 10 Americans or about 25 million people."

— CDC (Centers for Disease Control and Prevention)

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