

Health Presentation Information

One Flaming Text title, one intro sentence, several examples in textboxes, at least 4 graphics per slide, group each graphic with a textbox

Slide 1 MAINTAINING GOOD HEALTH

The following are a few simple factors that help minimize the risk of illness and enrich life:

- 👉 daily exercise
- 👉 avoidance of smoking and drug abuse
- 👉 avoidance or moderation of alcohol use
- 👉 weight control

Slide 2 EXERCISES

20 minutes of continuous aerobic activity 3 days per week is recommended for weight loss.

Examples of physical activity that are considered aerobic are:

- 👉 walking,
- 👉 running,
- 👉 jogging,
- 👉 hiking,
- 👉 swimming,
- 👉 bike riding,
- 👉 rowing,
- 👉 cross country ski-ing and
- 👉 jumping rope

Slide 3 SMOKING

The most serious diseases caused by smoking are:

- 👉 lung cancer,
- 👉 emphysema,
- 👉 chronic bronchitis,
- 👉 heart attack and
- 👉 stroke

Slide 4 ALCOHOL ABUSE

👉 It has been estimated that there are approximately 10 million alcoholics in the US.

👉 Another 20 million are alcohol abusers, most of whom started to drink heavily as teenagers

👉 About 2 out of every 3 adults use alcohol

👉 Over half of all suicides, homicides and accidental deaths are alcohol related

Slide 5 DRUG ABUSE

The signs and symptoms of addiction are:

- 👉 insomnia,
- 👉 unpredictable moods,
- 👉 personality changes,
- 👉 unexplained weight loss,
- 👉 bloodshot eyes,
- 👉 flushed skin,
- 👉 persistent running nose
- 👉 dazed appearance.

Slide 6 WEIGHT CONTROL

Obesity adds stress to the heart, bones and muscles. It also increases the changes of getting problems such as:

- 👉 varicose veins,
- 👉 breast cancer,
- 👉 gallbladder disease,
- 👉 high blood pressure
- 👉 strokes.