

My Family Health Tree Exercise



Did you know that just like the color of our eyes or how tall we are, other things like health conditions can be passed down from one family member to another?

It is important to know what health conditions and diseases are in our family history so we can make healthy choices to help reduce our risk for getting those conditions ourselves.

1. Fill out the My Family Health Tree (on back) to find out which conditions are in your family. This will help you to see which health conditions and diseases you may be at risk for.
2. Complete the My Healthy Habits Check List (below) to decide which healthy habits you will do. Even though some diseases can be passed down to us, by making healthy food and lifestyle choices, we can decrease our chances of having some of these health conditions.

My Healthy Habits Check List

There are many things we can do to help protect our health like eating well, being physically active, visiting your doctor, and getting enough sleep. By keeping these healthy habits, you can help reduce your risk for getting those health conditions and diseases listed on your tree. Below are some examples of healthy habits with blank spaces underneath where you can fill in your own.

- ☒ Eat 5 servings of fruits and vegetables a day
- ☒ Get at least 60 minutes of physical activity a day
- ☒ Drink water instead of soda or juice
- ☒ _____
- ☒ _____
- ☒ _____
- ☒ _____

