



STATISTICS

The purpose of this worksheet is to help you understand the importance of eating a well balanced diet and the consequences associated with not eating a nutritious diet. Food is a huge contributing factor to health and disease. Too much of one food or too little of another can leave you vulnerable to premature aging, fatigue and disease. It is never too early or too late to be conscience of your food choices.

Four of the leading causes of disease are linked to diet. For every choice, there is a consequence. You may not see the consequence at first but over time this can develop into a very serious health condition. Don't become a statistic for any of these diseases. Start now and improve your life through nutrition.

First read Module One, Unit One and then answer the questions below.

- Are you on a path to acquiring health related diseases or have you already arrived?
- What are the four leading causes of death that are diet related?
 - 1.
 - 2.
 - 3.
 - 4.
- Are you at risk for developing any of these diseases?
- Do you understand that obesity increases your risk of developing diabetes, stroke, and certain types of cancer, cardiovascular disease, and hypertension?
- Are you willing to live with the consequences associated with obesity and an unhealthy diet?
- Are you prepared financially to take on the costs to treat these diseases?
- Do you understand that prevention is the cheapest route and leads to longevity?
- Do you have any hereditary traits (any family members that may have these diseases) that put you at greater risk of developing these diseases?



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- Does your state of health matter to you enough that you will put your health above convenience, current habits or cost?
- Will you commit yourself to eating healthy foods to help you reduce health risks and manage your weight?
- On a scale from 1-10, what is your commitment level to do this?
- Do you understand that you can reduce certain health risks by changing your dietary eating patterns and increasing your physical activity?

Note: Only you can make habitual, and food changes. If you don't do it, who will?

- Do you love yourself enough to take care of yourself?

Take a look at your answers. Are you at risk? Do you fully understand the health risks involved with obesity and eating an unhealthy diet? Are you willing to make dietary and physical activity changes?