BUILDING BETTER HEALTH

3 Lead to
No Physical Activity
Poor Diet
Tobacco Use

4 Result in
Cancer
Heart Disease & Stroke
Type 2 Diabetes
Lung Disease

OVER 50 PERCENT
of Deaths in San Diego

Change Your Life By:

- Walking for 30 minutes every day
- Eating healthy - at least 5 fruits and vegetables daily
- Quiting smoking and other drug use

BUILDING BETTER HEALTH

LIVEWELLSD.ORG