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Print Patient Name: _____

Patient Signature: _____

Date: _____

TWELVE ESSENTIALS TO GOOD HEALTH

1. **Maintain proper weight (ask doctor for recommendations)**
2. **Decrease salt in diet**
3. **Exercise**
4. **Relax**
5. **Don't smoke or use drugs**
6. **Don't drink (or limit to 1-2 ounces of alcohol per day)**
7. **Use seat belts (drive and passenger)**
8. **Use condoms**
9. **Watch sun exposure.**
10. **Firearms are dangerous**
11. **Maintain a positive outlook**
12. **Listen to your doctor**