



Six Ways to Improve Your Health Which Is Most Important?

In your opinion, which of the following factors is most important to promote good health? Below, rank the factors in order of importance from 1 through 6, with 1 being most important and 6 being least important.

- _____ Do not smoke.
- _____ Eat a healthy diet.
- _____ Maintain a healthy weight.
- _____ Exercise regularly.
- _____ Drink alcohol in moderation.
- _____ Get adequate sleep.