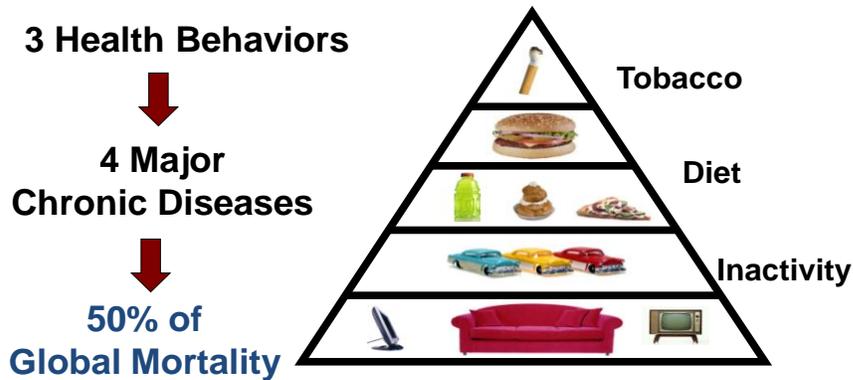


# Key Health Behaviors



Sometimes healthy living options seem complicated and overwhelming. This visual helps simplify how you can think about making good choices. By not using tobacco, eating healthy and being physically active one can greatly reduce death from 1) Heart Disease, 2) Cancer, 3) COPD and 4) Diabetes.

At the St. Cloud VA we help Veterans make these changes so they can live a healthy life that they as Veterans deserve.