



## People At Risk for Serious Illness

Some people are at higher risk of getting very sick from this illness. **THIS INCLUDES:**



**Heart Disease**



**Diabetes**



**Hypertension**



**Older Adults**



**Lung Disease**



**Obesity**

**A Healthy Body Can Reduce Your Risks.**

## WAYS TO BUILD A HEALTHY BODY

**STAY ACTIVE**



**GET ENOUGH SLEEP**



**MANAGE STRESS**



**EAT MORE OF THESE**



**EAT LESS OF THESE**



Sources:  
<https://www.healthline.com>  
<https://www.cdc.gov>

