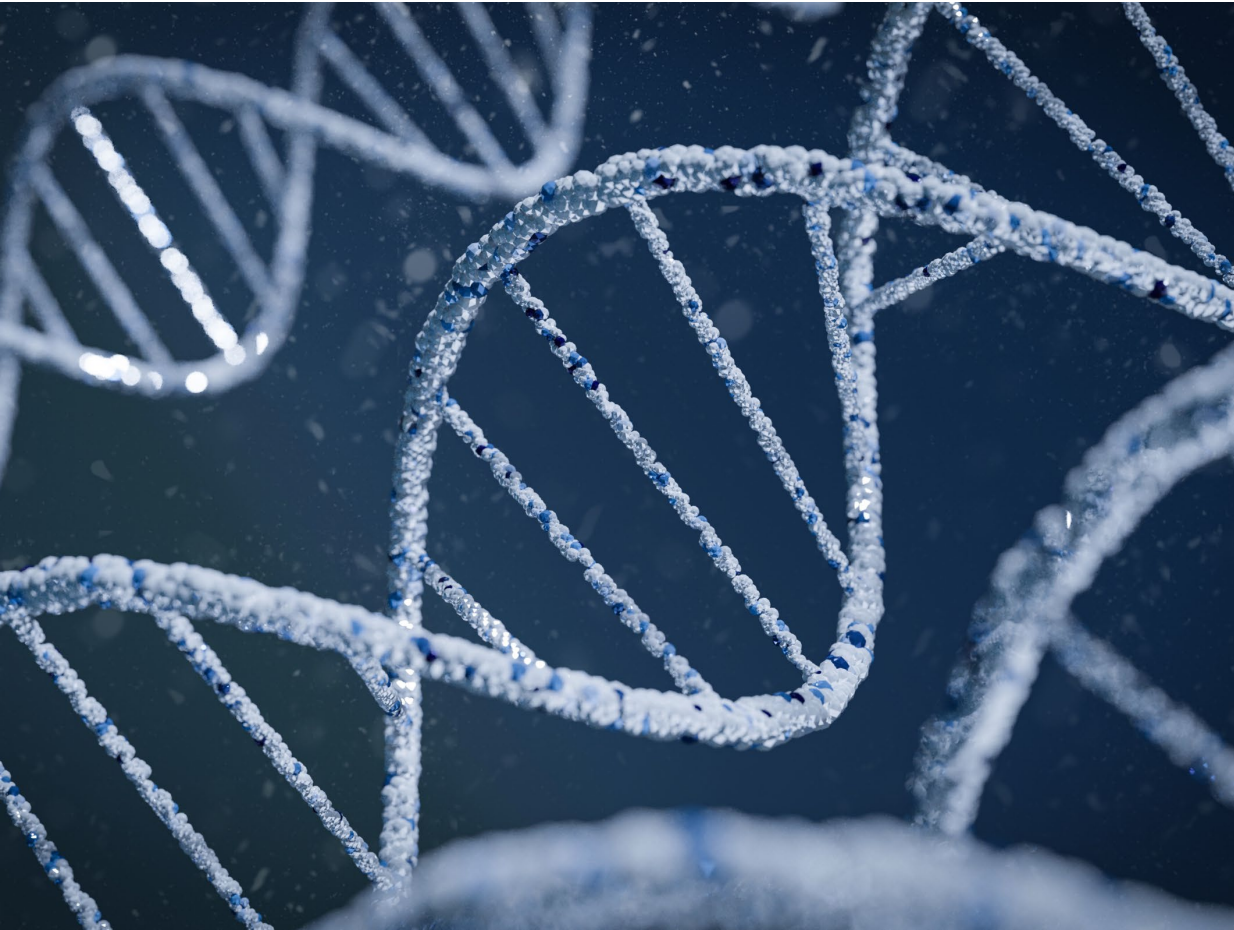


know your family health history



It's in your genes...

Brown eyes and stubbornness are not the only things that can run in the family. With an up-to-date family health history, you can determine your own risk, plus the risk for your dependents and those you care for, then take preventative measures.

know your family health history

How can I collect my family health history?

- Create a family tree that includes grandparents, parents, aunts, uncles, siblings, half-siblings, nieces, nephews, and cousins.
- Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background.
- Keep track of your family health history and share with any family members that may be impacted.



know your family health history



How can I use my family health history to improve my health?

- Screening tests, such as blood sugar testing, mammograms, and colorectal cancer screening, help find early signs of disease and can often mean better health in the long run.
- Genetics is just one factor for disease, as environment and habits can also play a role in your risk for disease. Staying active, eating well, and avoiding tobacco can certainly lower your risk for diseases like cancer and diabetes.

Go to the [CDC Family Health History](#) webpage for more information on tracking your family health history, including tips for adoption and sperm and egg donation.



exercise of the month

Neck and shoulder stretch

- *Note: Follow words in parenthesis when switching sides.*
- Sitting tall, extend right (left) arm to side.
- Pressing palm toward the floor, slowly drop left (right) ear toward left (right) shoulder.
- Hold for 3 - 5 deep breaths.
- *Repeat on other side.*

*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*



Disclaimer: Always perform stretch and strength exercises using **slow, controlled** movements. If you experience pain, discontinue the exercise. Consult a health care professional for alternative options. HealthSource Solutions is not responsible for injuries resulting from these activities.