

While looking back at my family health history I could be a risk to diabetes. So most time when I visit the doctors I get my sugar check to make sure I am good. Taking the other assessment got my eyes to open. However, most of the questions in the assessments I never done most of them. It was kind of hard to answer because I never experience them before. So I didn't really have heath risk with the other 5 assessment that I can remember. Looking at my gender and age data shows that I should exercise more. Because a health risk is becoming obese and that is not healthy for my life career and lifestyle.