

- You do not know your blood pressure
 - You take blood pressure medication
 - Your blood cholesterol level is >200 mg/dL
 - You do not know your cholesterol level
 - You have a close blood relative who had a heart attack or heart surgery before age 65 (father or mother) or age 65 (father or mother)

 - You are physically inactive (i.e. you get <30 minutes of physical activity on at least 3 days per week)
 - You are >20 pounds overweight
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- None of the above

*Based on the answers you provide on this screening, you may be required to meet with a qualified "Healthy Steps" exercise counselor prior to participation.