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Whether you realize it or not, you're playing the game of health. How well are you playing that game? Find out by taking this quiz. Choose one box from each category that best describes your situation. Add up your score and refer to the point totals below.

What is Your Healthy Heart Score?

H heredity	1 No known history of heart disease among your relatives	2 One relative with heart disease after age 60	3 Two relatives with heart disease after age 60	4 One relative with heart disease before age 60	6 Two relatives with heart disease before age 60
E exercise	1 Exercise 4+ times per week for 20+ minutes	2 Exercise 3 times per week for 20 minutes	3 Exercise 1-2 times per week	5 Occasionally exercise	6 Rarely exercise
A age	1 10-20 years	2 21-30 years	3 31-40 years	4 41-50 years	6 51+ years
L lbs.	0 More than 5 lbs. underweight	1 5 lbs. underweight to 5 lbs. overweight	2 6-20 lbs. overweight	4 21-25 lbs. overweight	6 26-60 lbs. overweight
T tobacco	0 Non-smoker cigar or pipe	1	2 10+ cigarettes per day	4 20+ cigarettes per day	6 30+ cigarettes per day
H eating habits	1 Vegetarian or rarely eat lean meat, butterfat or eggs	2 Meats and low-fat milk 0-5 times a week	3 Mostly lean meat, low-fat milk 6-12 times a week	4 Meat, cheese eggs, whole milk 12-24 times a week	5 Meat, cheese eggs, whole milk 24+ times a week

Your Risk of Heart Attack:

Total Points Risk Factor

- 1-9 Very remote
- 10-15 Below average
- 16-20 Average
- 21-25 Moderate
- 26-30 Dangerous
- 31-35 Urgent danger— make lifestyle changes to reduce score!

Other conditions, such as stress, high blood pressure and increased blood cholesterol may adversely affect your health. The National Exercise for Life Institute suggests that you consult your physician for a complete health evaluation.