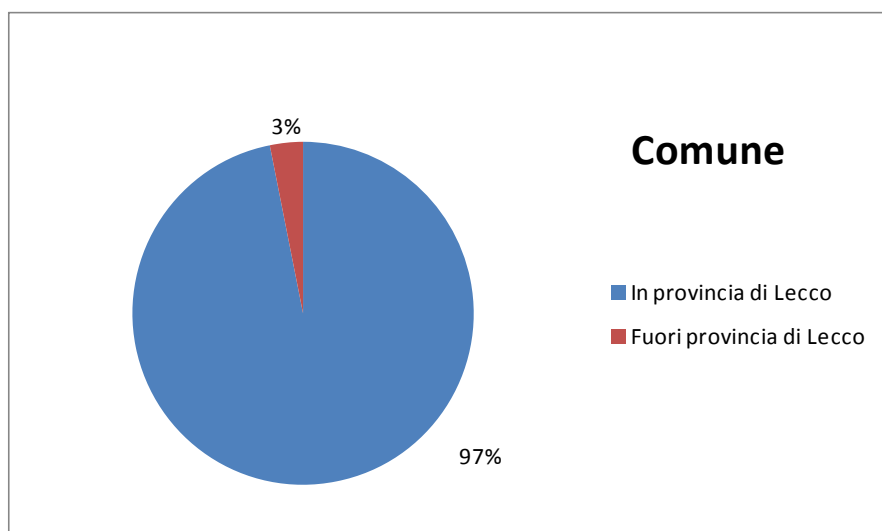
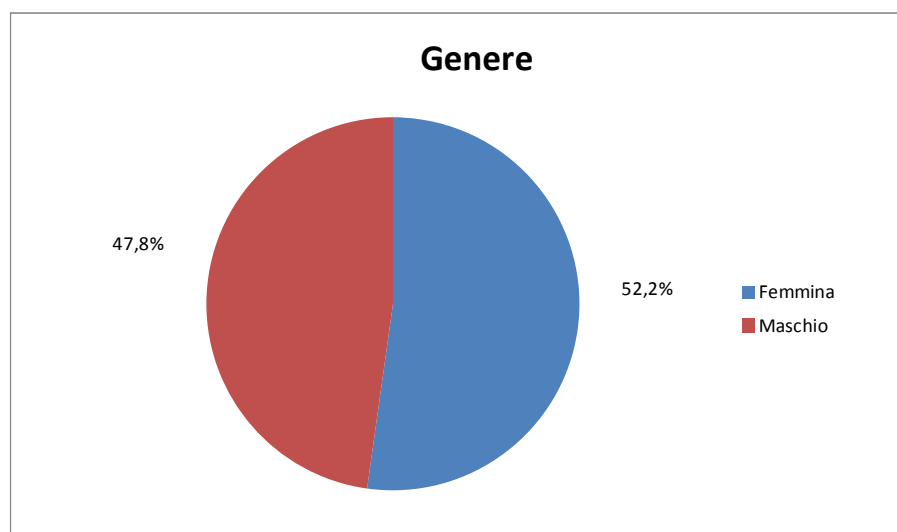
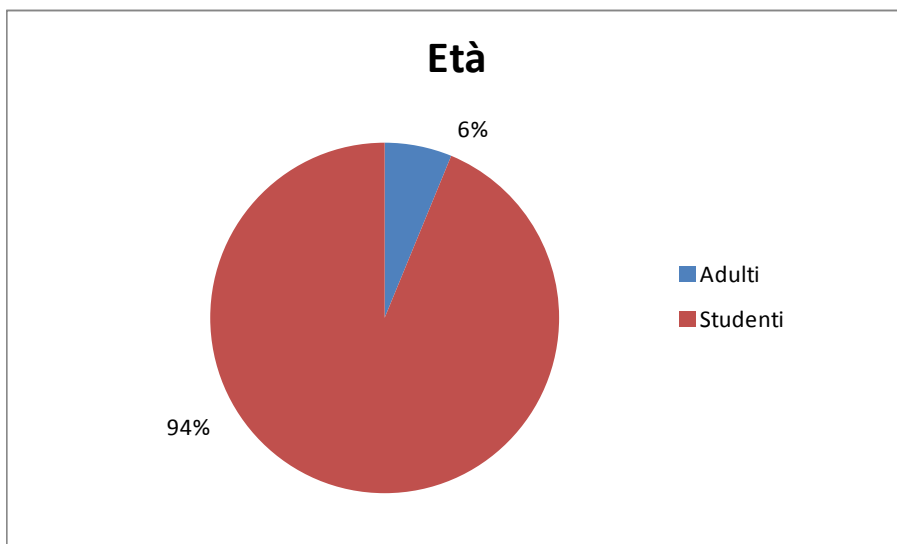




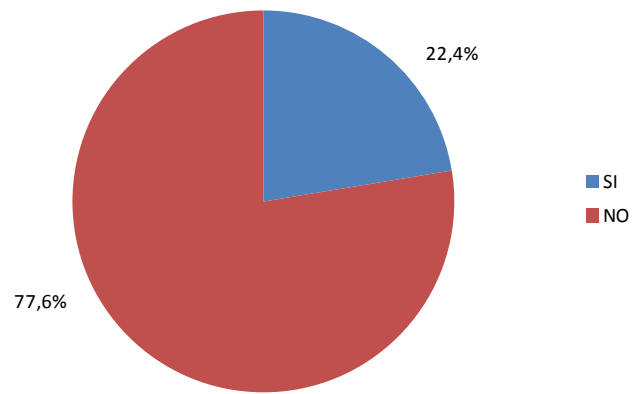
Elaborazione dati 161 questionari

“2 minuti per la tua salute”

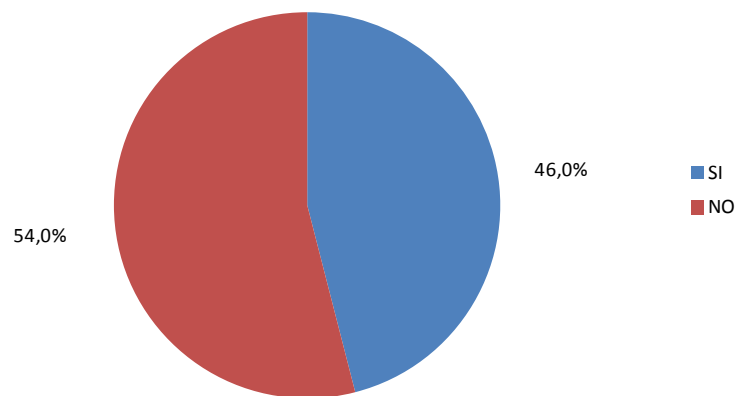
(estrazione effettuata il 29 Febbraio 2016)



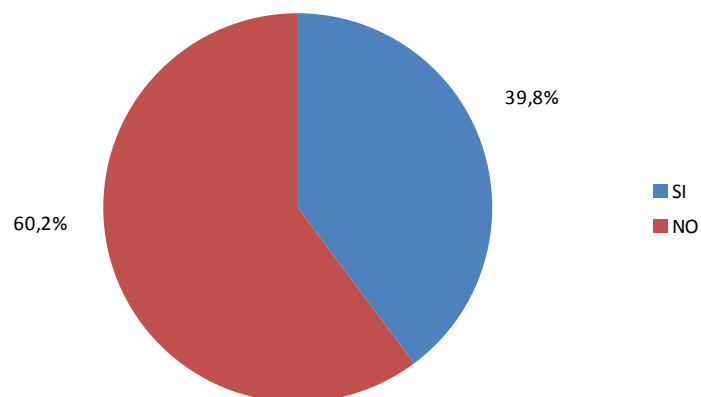
Pensi che il tuo peso corporeo sia superiore alla norma?



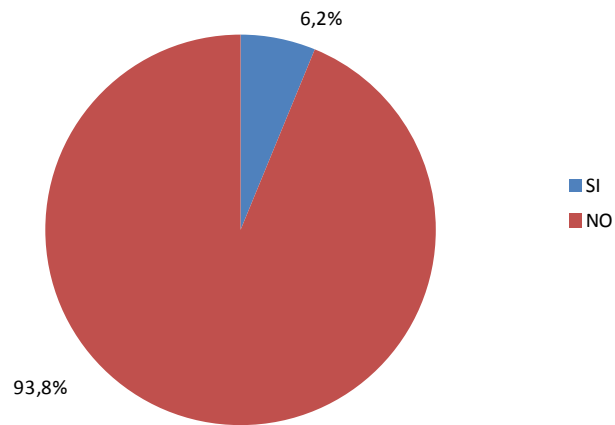
Mangi frutta e verdura meno di 4-5 volte al giorno?



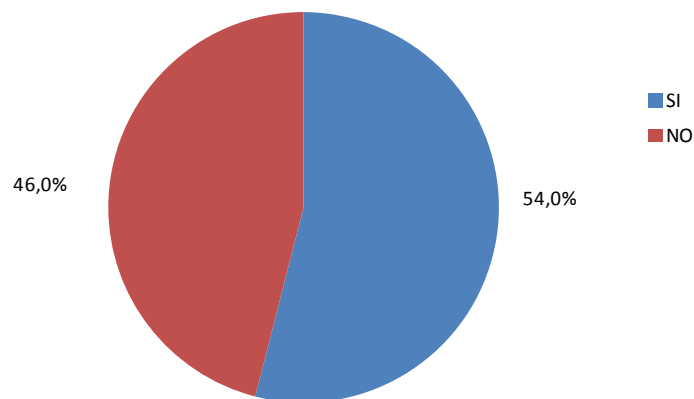
Mangi salumi o formaggi tutti i giorni?



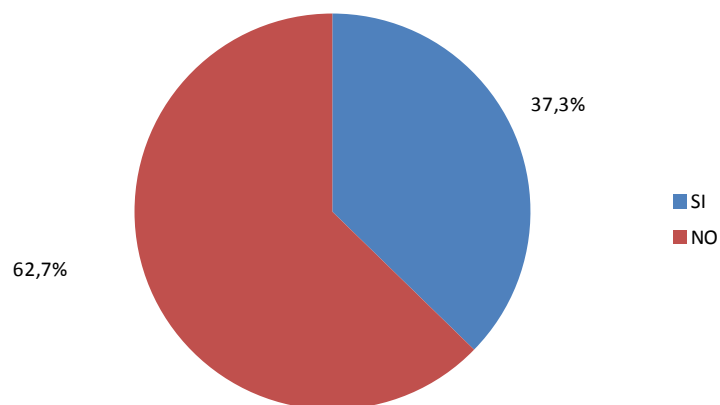
Mangi carne rossa tutti i giorni?



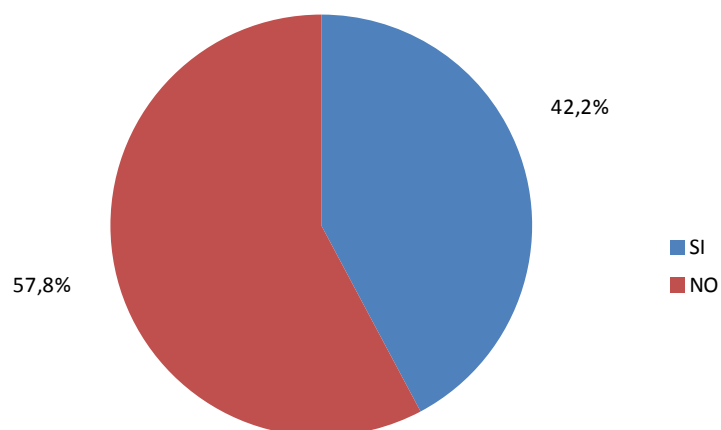
Mangi pesce meno di 2-3 volte alla settimana?



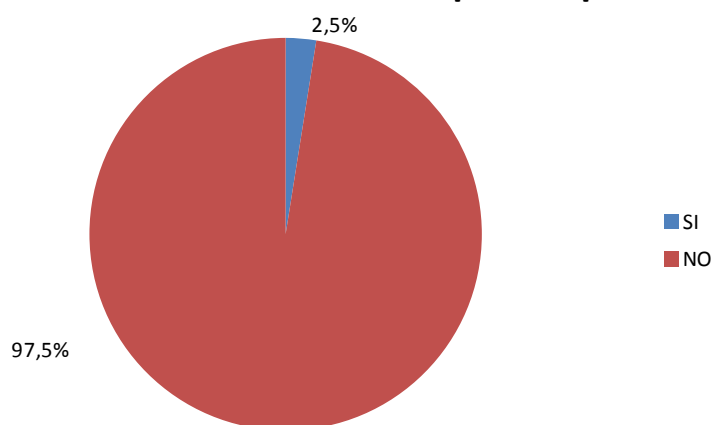
Mangi dolci tutti i giorni e più di una porzione?



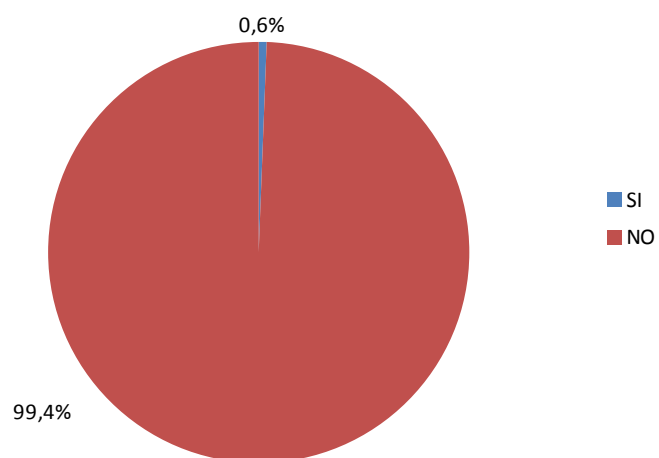
Aggiungi spesso sale alle pietanze?



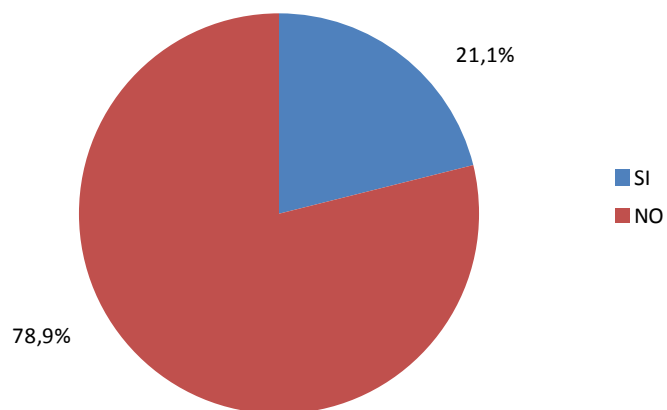
Bevi più di una birra piccola o di un bicchiere di vino o di un bicchierino di liquore a pasto?



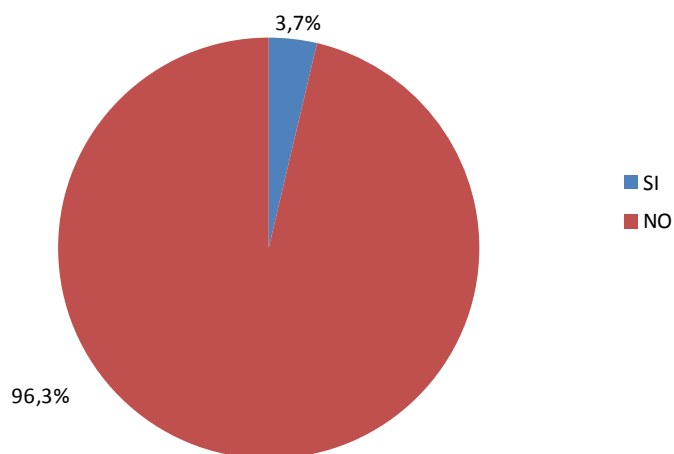
Fumi?



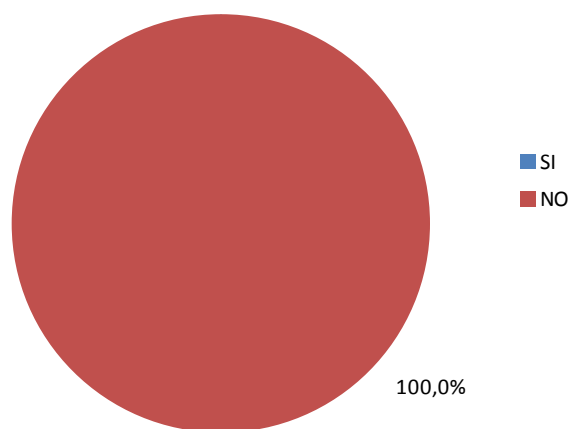
Sei sedentario e non pratichi attività fisica di un certo rilievo almeno 2-3 volte alla settimana?



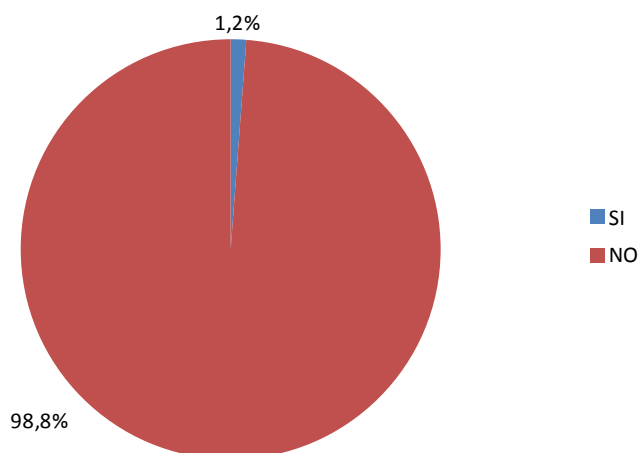
Hai la pressione arteriosa oltre il limite di norma (135/85 mmHg)?



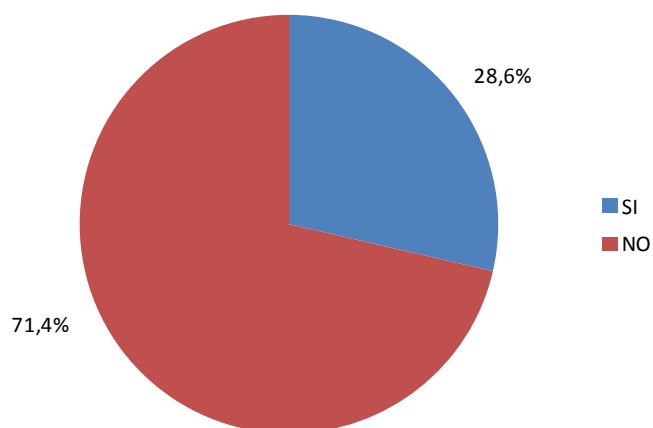
Hai la glicemia alta e non la curi?



Hai il colesterolo alto e non la curi?



Pensi di avere un carattere piuttosto pessimista o ansioso?



Vorresti conoscere il tuo profilo di rischio cardiovascolare?

