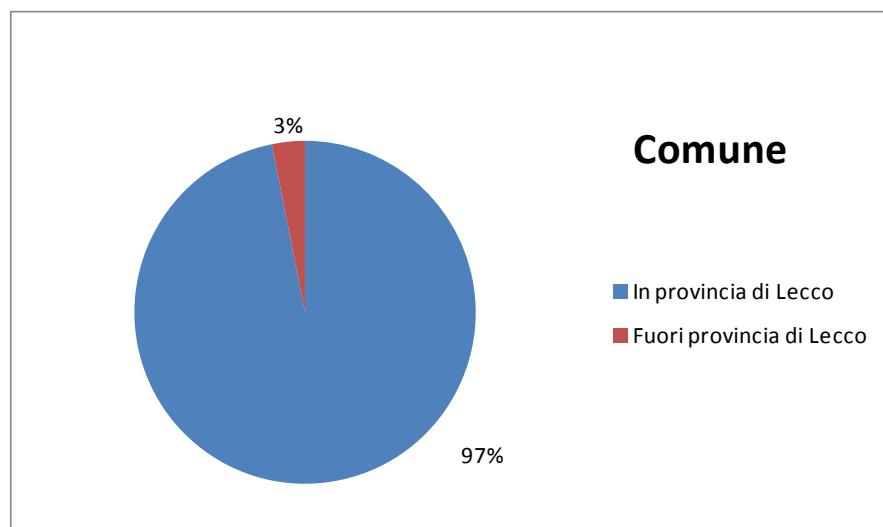
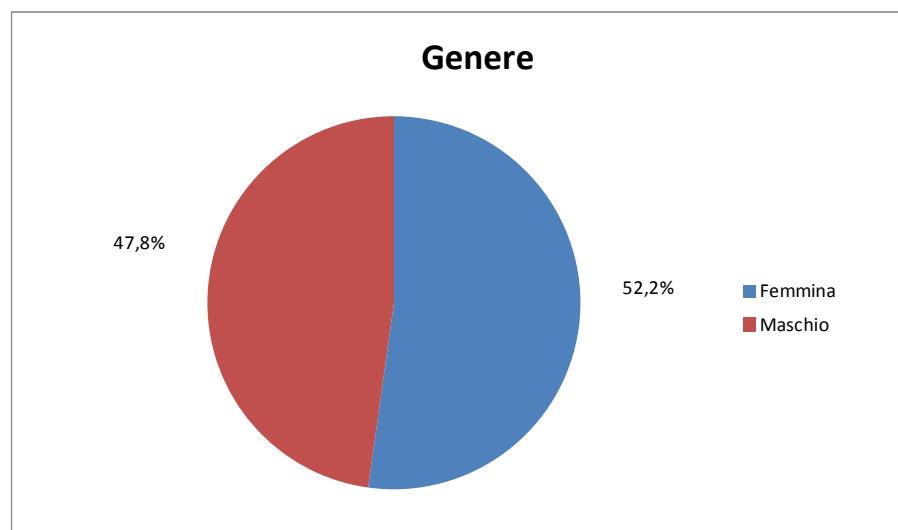
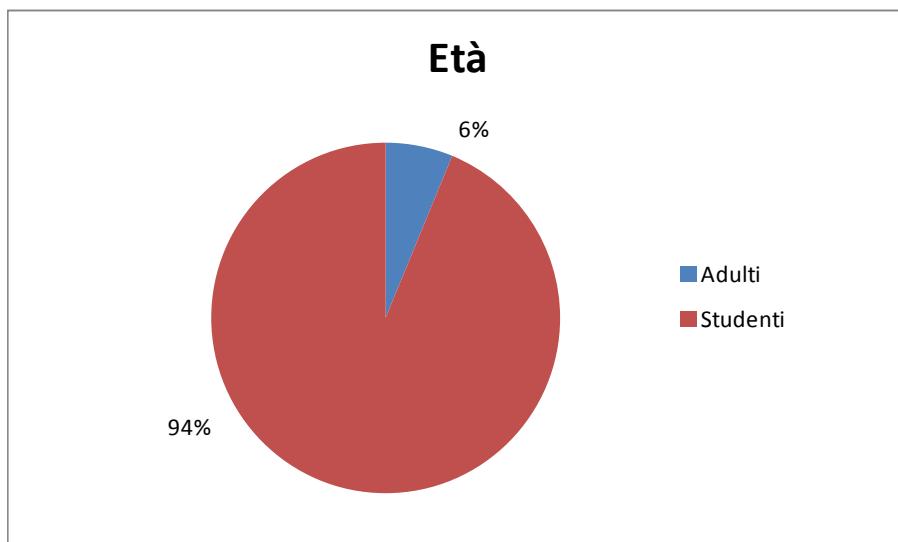
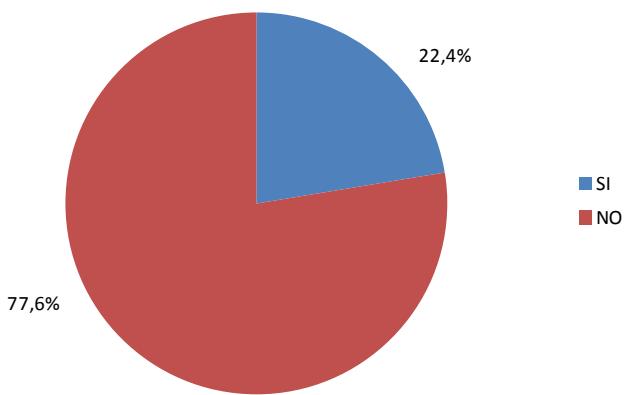




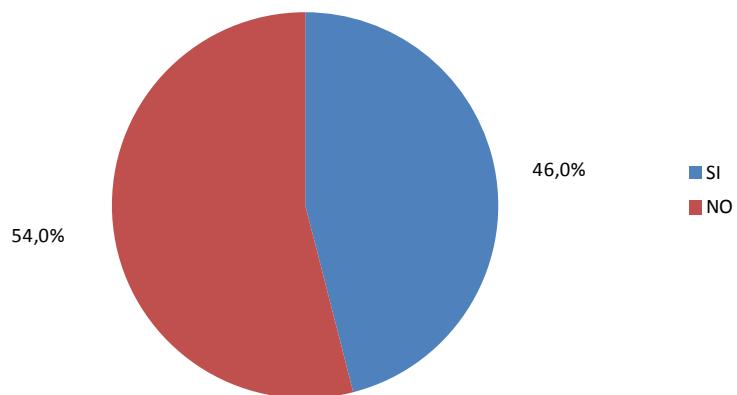
Elaborazione dati 161 questionari  
**“2 minuti per la tua salute”**  
(estrazione effettuata il 29 Febbraio 2016)



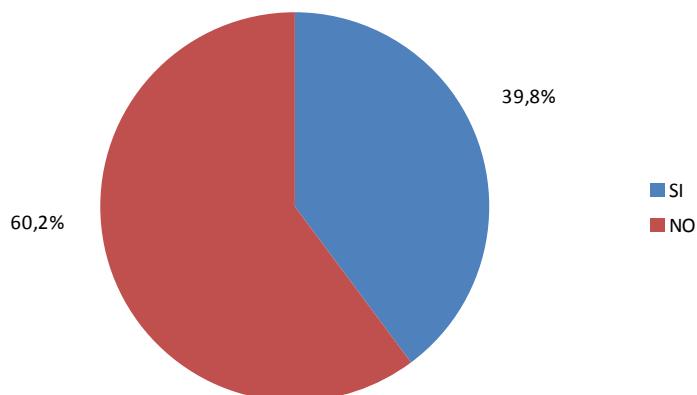
**Pensi che il tuo peso corporeo sia superiore  
alla norma?**



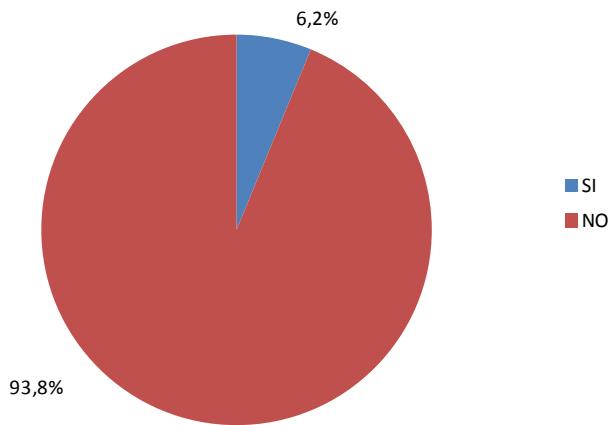
**Mangi frutta e verdura meno di 4-5 volte al giorno?**



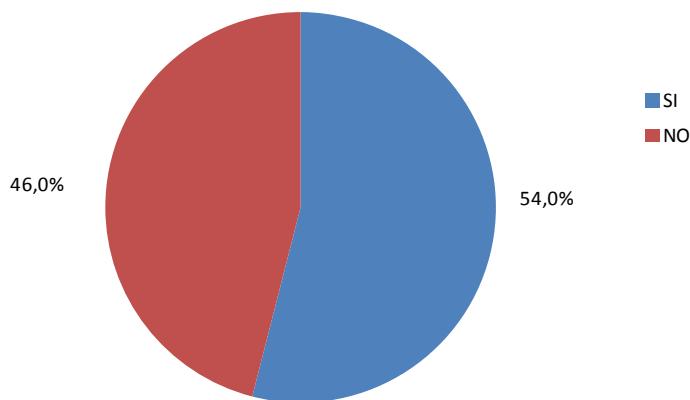
**Mangi salumi o formaggi tutti i giorni?**



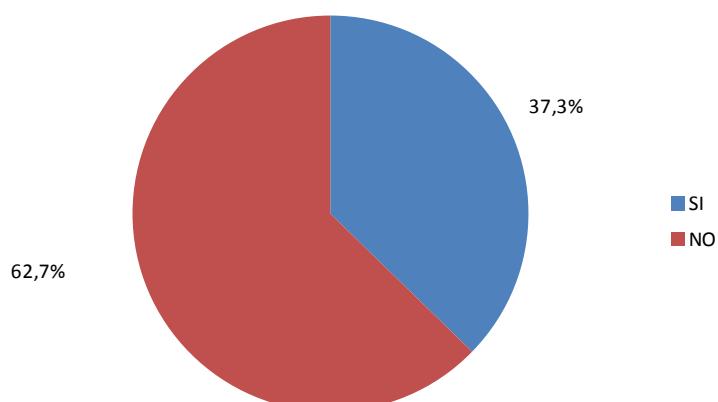
### Mangi carne rossa tutti i giorni?



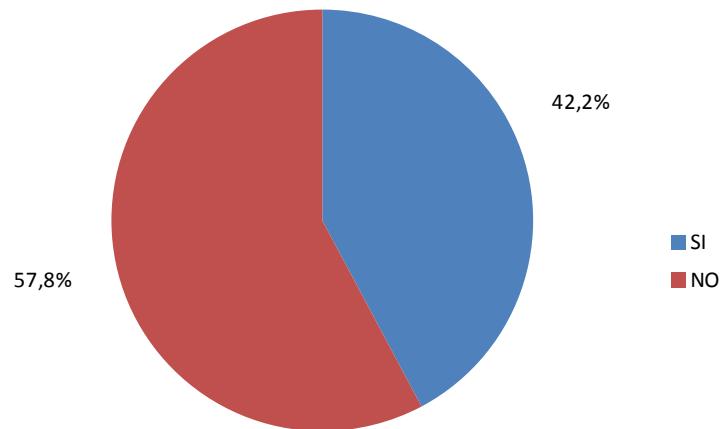
### Mangi pesce meno di 2-3 volte alla settimana?



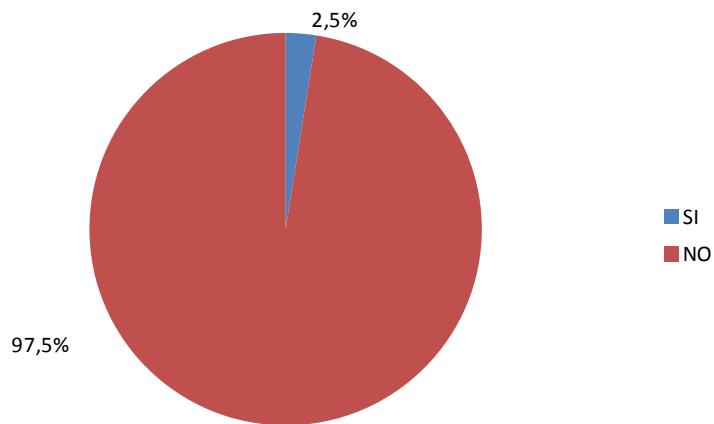
### Mangi dolci tutti i giorni e più di una porzione?



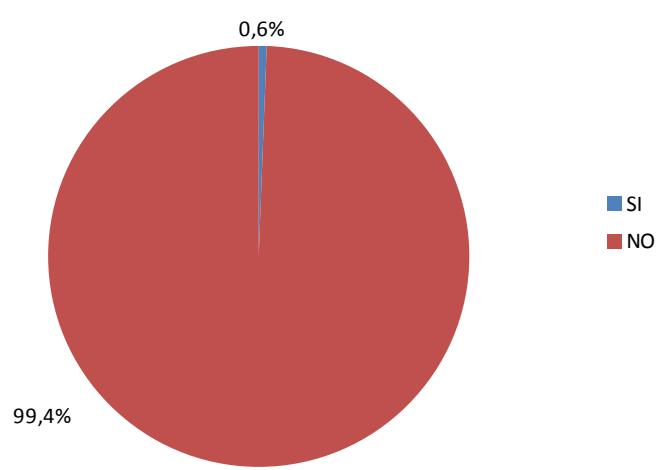
### Aggiungi spesso sale alle pietanze?



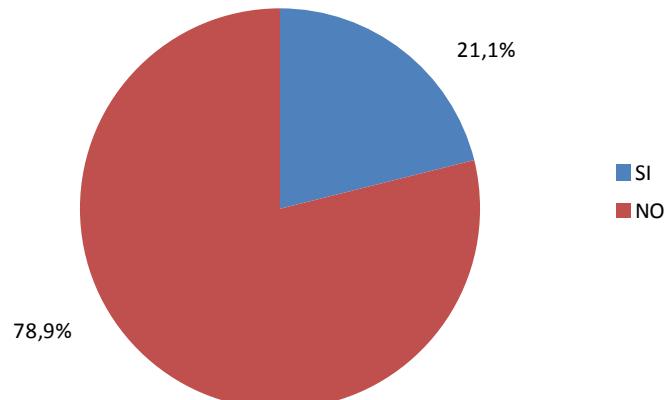
### Bevi più di una birra piccola o di un bicchiere di vino o di un bicchierino di liquore a pasto?



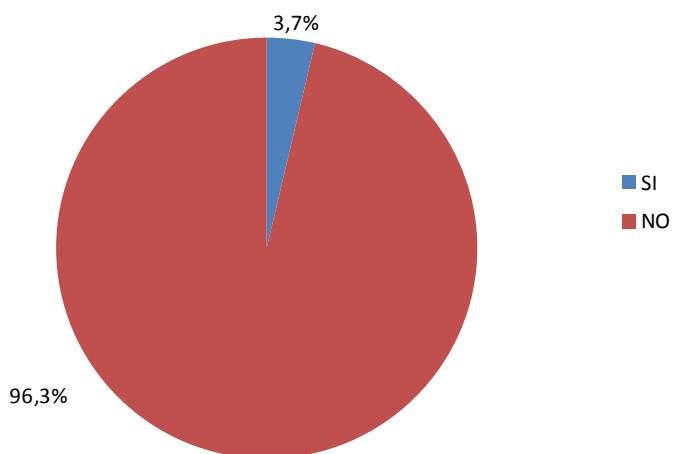
### Fumi?



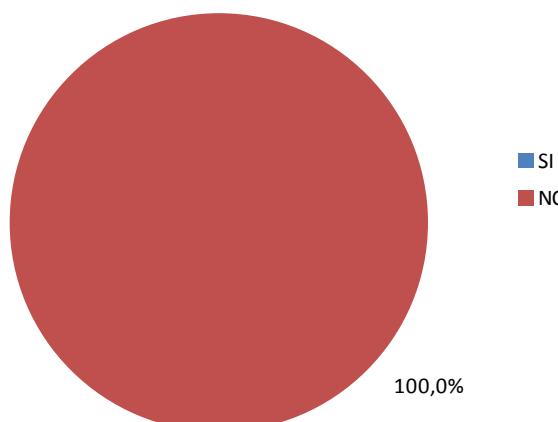
**Sei sedentario e non pratichi attività fisica di un certo rilievo almeno 2-3 volte alla settimana?**



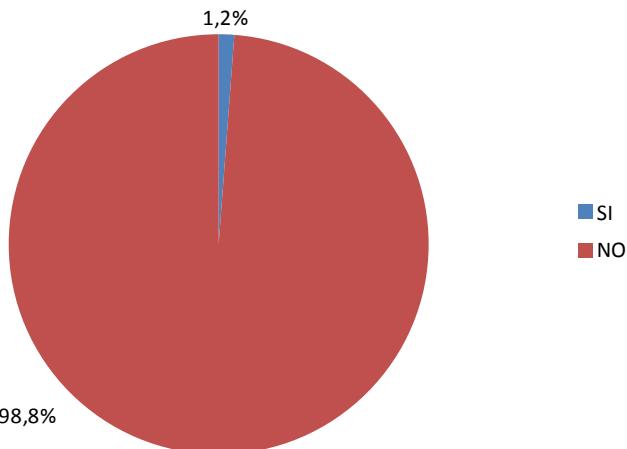
**Hai la pressione arteriosa oltre il limite di norma (135/85 mmHg)?**



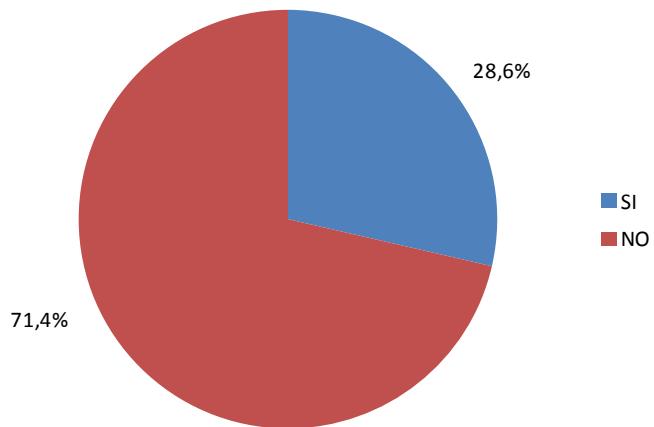
**Hai la glicemia alta e non la curi?**



**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?**

