What are the predictors of health status and mortality? Which factor predicts our health more than anything else?

What are the three main health behaviors that can have a major impact on one’s health?

What does it mean that knowledge and motivation are not sufficient to change behavior? What is needed to really make positive health outcomes?

Describe the SMART strategy. Is this a strategy that could help you with your own desired health behavior goals?

Why is maintaining change so much more difficult than initiating change?

Describe behavioral drift and what are the strategies for managing it?

Please rate how helpful you found this video to be:

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<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
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Postmark or deliver by August 31, 2017 to: U.A. Local 290 Retiree Wellness Program, 20210 SW Teton Avenue, Tualatin, OR 97062-8810 or by email to wellness@ua290.org. For questions please call Tori Geter, 541-646-1493.