Writing instructions

HYPOKINETIC DISEASE TERM PAPER •Using your disease risk interview assessment on family members (or friends if you do not have any family members to ask) you will write a comparison and contrast paper outlining your risks and current or future plan to prevent any of these risks. •Some areas that you may need to still explore in this health history might be nutrition/dietary practices, smoking/drinking/illegal and prescription drug use, sleep/rest patterns, elimination schedule (daily, weekly, etc.), exercise/activity practices, wellness check-ups, conditions/diseases, stress management, self-image, etc. •Write a detailed 3 page report and include the information you found from bothwe need to look at your family risk patterns by interviewing family members if possible about their habits and diseases