
The Michigan 4 X 4 Plan

4 Key Healthy Behaviors

- Maintain a healthy diet
- Engage in regular exercise
- Get an annual physical examination
- Avoid all tobacco use

4 Key Health Measures

- Body mass index (BMI)
- Blood pressure
- Cholesterol level
- Blood sugar/glucose level

Michigan Health Dashboard: <http://www.michigan.gov/mihealthandwellnessdashboard>

County Health Rankings: <http://www.countyhealthrankings.org/michigan>