



	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	3	65	63.7	100.0
Missing	System	37	36.3	
Total	102	100.0		

**Get regular physical checkups - 4 - Get regular physical checkups**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	72	70.6	100.0
Missing	System	30	29.4	
Total	102	100.0		

**Eat a nutrient-balanced diet - 5 - Eat a nutrient-balanced diet**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	5	53	52.0	100.0
Missing	System	49	48.0	
Total	102	100.0		

**Manage my weight - 6 - Manage my weight**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6	59	57.8	100.0
Missing	System	43	42.2	
Total	102	100.0		

**Take vitamins - 7 - Take vitamins**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7	57	55.9	100.0
Missing	System	45	44.1	
Total	102	100.0		

**Exercise 2-4 times per week for at least thirty minutes - 8 - Exercise 2-4 times per week for at least thirty minutes**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	8	52	51.0	100.0
Missing	System	50	49.0	
Total	102	100.0		

**Participate in worship at other congregations - 9 - Participate in worship at other congregations**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	9	15	14.7	100.0
Missing	System	87	85.3	
Total	102	100.0		