

FINDING THE RIGHT BALANCE



Obesity costs **\$173 billion** in health care expenses each year in America.

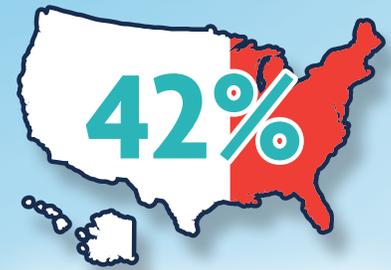
Fewer than **10 percent** of adults and adolescents eat enough fruits and vegetables.



Only **24 percent** of adults get enough exercise to help reduce and prevent chronic diseases.



Twenty percent of people **ages 2 to 19** have obesity.



Forty-two percent of adults in the United States have obesity.

Check out the Live Healthy section of www.SouthCarolinaBlues.com.

