

FINDING THE RIGHT BALANCE



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



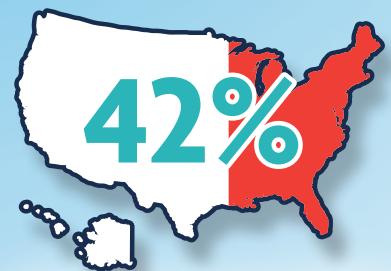
Fewer than **10 percent**
of adults and adolescents
eat enough fruits
and vegetables.



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.BlueChoiceSC.com.

