

# FINDING THE RIGHT BALANCE



Obesity costs  
**\$147 billion** in health  
care expenses each year  
in America.

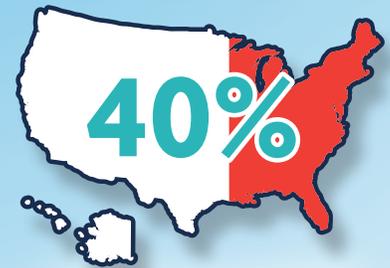
Fewer than **10 percent**  
of adults and adolescents  
eat enough fruits  
and vegetables.



Only **50 percent** of adults get  
enough exercise to help reduce  
and prevent chronic diseases.



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



**Forty percent** of  
adults have obesity  
in the United States.

Check out the Live Healthy section of [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com).

