

# YOUR HEALTH IS CALLING



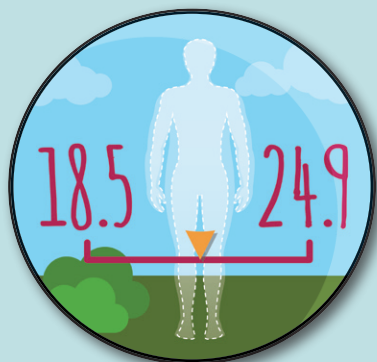
**74% of Americans** over age 20 are overweight. 42% are obese.



Fewer than **1 in 10 children and adults** eat the recommended daily amount of vegetables.



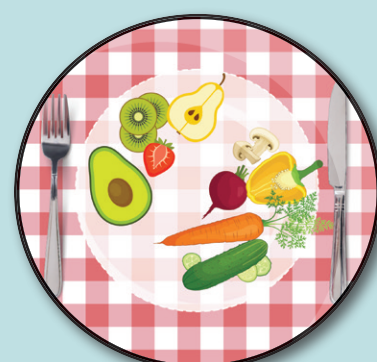
Only **1 in 4 adults** get enough exercise.



A healthy body mass index falls **between 18.5 and 24.9**.



Get at least **150 minutes** of moderate-intensity exercise each week.



Eat **four servings of fruits and five servings of vegetables** each day.

HOW WILL YOU ANSWER? BEING ACTIVE AND MAKING SMART FOOD CHOICES CAN HELP YOU KEEP YOUR WEIGHT IN CHECK AND IMPROVE YOUR HEALTH.

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

