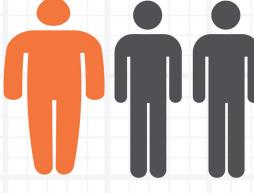
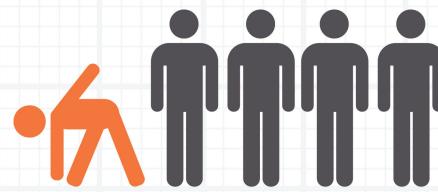


in 3 adults is obese





ONLY 1 in 5 adults meets recommended levels of physical activity

HIGH BLOOD PRESSURE & **CHOLESTEROL**





Fewer than half of adults with high blood pressure and less than a third of adults with high cholesterol have it under control.

SMALL STEPS CAN MAKE A DIFFERENCE

If each American cut back just

FOR EXAMPLE.

calories a day



we would prevent over

potentially fatal cases of

Heart Disease, Cancer and Diabetes.



HEALTHCARE WORKERS CAN:



