Making Health Easier:
Healthy Schools in Philadelphia, PA PSA (:60)

[Announcer] When middle schooler Josh Monserrat saw the scale hit 200 pounds, he decided his life needed to go in a new direction.

[Josh Monserrat] It all started when I first found out, you know, I was overweight. And that could lead to diabetes and high blood sugars. I wanted to, you know, stay healthy. So I joined the Snackin Fresh program at school.

[Announcer] As part of the Snackin Fresh program, Josh plants community gardens, learns about diet and exercise, and spreads the word to fellow students.

[Josh Monserrat] We just have fun with it. I want my friends to be eating healthy, too, and not eating all junk food. I want them to be healthy, you know, the same way I'm gonna be.

[Announcer] Josh is making a difference in his school and in his own life.

[Josh Monserrat] I've gotten a lot more stronger, run faster. You know, I can do a bunch more things. Throw farther. Lift things up I couldn't really lift before.

[Announcer] Visit makinghealtheasier.org to find out how *you* can make changes where *you* live. That's makinghealtheasier.org.