

Finding a Balance PSA (:30)

More than a third of adults in the U.S. are obese. Weight gain occurs when you consume more calories than your body uses. Reaching and maintaining a healthy weight will help you prevent and control many diseases and conditions, such as cancer, diabetes, and heart disease. The key is finding a balance in your lifestyle that includes healthy eating and regular physical activity.

To achieve this balance, go to www.cdc.gov.

A message from the Centers for Disease Control and Prevention.