

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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95 WORDS, 30 SECONDS

HEALTH AWARENESS

IT'S ESTIMATED MORE THAN THREE IN FOUR AFRICAN-AMERICAN ADULTS ARE OVERWEIGHT OR OBESE. THIS IS SIGNIFICANT SINCE OBESITY IS LINKED TO HEALTH PROBLEMS SUCH AS TYPE TWO DIABETES AND KIDNEY DISEASE. FORTUNATELY, MAKING SMALL CHANGES TO YOUR FOOD AND PHYSICAL ACTIVITY CAN MAKE A BIG DIFFERENCE. FOR EXAMPLE, TAKE PART IN AEROBIC ACTIVITY SUCH AS BRISK WALKING AT LEAST THIRTY MINUTES A DAY, FIVE DAYS A WEEK. FOR MORE TIPS, CALL THE WEIGHT-CONTROL INFORMATION NETWORK TOLL-FREE AT 1--8-7-7--9-4-6--4-6-2-7 FOR YOUR FREE COPY OF THE FACT SHEET "IMPROVING YOUR HEALTH: TIPS FOR AFRICAN AMERICANS."