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## Obtaining a Healthy Weight

In 1999, almost 108 million adult Americans were overweight or obese. If you are overweight or obese, carrying this extra weight puts you at risk for developing many diseases, especially heart disease, stroke, diabetes, and cancer. Losing this weight helps to prevent and control these diseases. Lowering your daily calorie intake and implementing an exercise routine into your everyday schedule can be the start to obtaining a healthy weight. There are many programs available that can help you obtain your weight loss goal.