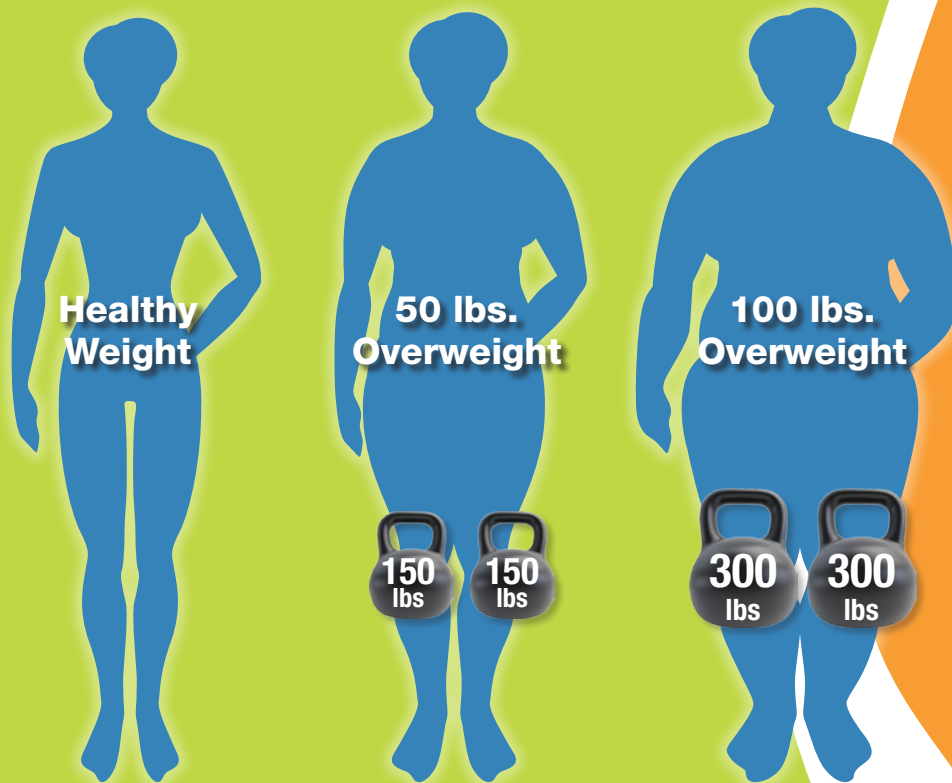


# Being Overweight Can Be a Real Pain (in the joints)!



If you've ever carried several bags of groceries, then you know that the extra weight can make even simple movements feel like really hard work ... and even painful.



In fact,  
**10 pounds**  
of excess weight adds  
**30-60 pounds**  
of pressure on the knees  
with each step!

## Break the Vicious Cycle



# The Weight of Being Overweight

Many Americans are overweight which can cause joint pain and other problems, but women and minorities are much more likely to suffer from the effects. While 1 in 3 women are obese, half of African American women are obese.



Compared to her white friends,

African American women are

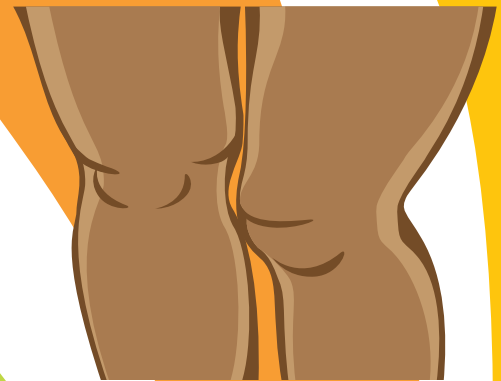
**40%** more likely to be obese,

**60%** more likely to be diabetic and

**30%** more likely to die of heart disease.

**55%**

of African American women between 50 and 84 have knee problems, are overweight or both.



**49%**

of African American women ages 20 and older have heart diseases.



**50,000**

African American women die of heart diseases each year.



An African American woman is **60%** more likely to get a diabetes diagnosis.