HOST: According to a recent study in the *American Journal of Preventative Health*, obesity is almost as much of a public health threat as smoking[i]. I'm Rise Jill Miller.

Being overweight and concerned for your health can be hard at any age, but especially if you face the same health risks as your parents in your early twenties.

That's what prompted Heather Latif to take action to lose weight.

HEATHER: At 24 years old, I weighed over two hundred pounds and was diagnosed with high blood pressure – the same condition I watched my mom and grandmother suffer from my whole life. I couldn't believe I was dealing with the same issue at such a young age.

HOST: Did you do anything to be healthier?

I started working out and watching my calorie and fat intake. After talking to my doctor, I started taking alli, the only FDA-approved over-the-counter weight loss aid to boost my efforts. The alli program taught me to be more conscious of what I ate and make healthier choices.

In less than a year, I lost over 30 pounds and achieved normal blood pressure. The weight loss has helped me be more positive, active and confident.

HOST: For more, visit myalli.com.

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1. [i] Jia, Haomiao, PHD, Lubetkin, MD, MPH. Trends in Quality-Adjusted Life-Years Lost Contributed by Smoking and Obesity. *American Journal of Preventitive Medicine.* 2010; 138-144