

## Try to Reach a Healthy Weight Before Pregnancy: ASL Translation – Audio Description Transcript

Vyron Kinson, PDIC (in American Sign Language): Best for you. Best for baby. Tip: Before you get pregnant try to reach a healthy weight.

Learn more about preventing birth defects at: [www.cdc.gov/ncbddd/birthdefects/index.html](http://www.cdc.gov/ncbddd/birthdefects/index.html)