OBESITY

Overweight means having excess weight from a combination of fat, muscle, bone, and water for a particular height and body frame. Obesity means having excess fat as determined by calculating a body mass index, or BMI.

Physical activity has many health benefits including bone and cardiovascular health.

75 MINUTES A WEEK OF HIGH INTENSITY EXERCISE EVERY WEEK!!

Current national estimates indicate that one third of US children and adolescents are overweight or obese.

Resources
www.choosemyplate.gov
www.cdc.gov/healthyweight
www.nhlbi.nih.gov

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

LIVING YOUR BEST LIFE
One in three teens is overweight or obese (triple the rate in 1963), causing a broad range of health problems previously not seen until adulthood: high blood pressure, Type 2 diabetes, and elevated blood cholesterol levels. There are also psychological effects: more prone to low self-esteem, negative body image, and depression.

**Sugar Sweetened Beverages**

Soft drinks and juice drinks make up six percent of all calories consumed for 2 to 5-year-old, seven percent for 6 to 11 year old, and more than ten percent for 12- to 19-year-olds. While children 2 to 11 years old get more of their calories from milk than soda, the opposite is true for youth 12-19 years old. For example, female teens get 11% of their total calories from sodas or juice drinks, but only six percent of their calories come from milk.

**WEIGHT MANAGEMENT TIPS**

- Switch sugar sweetened beverages with water whenever possible
- Eat meals at home, avoid fast food
- Get 150 minutes of exercise every week
- Eat whole grains
- Get at least 8 hours of sleep
- Sit down to dinner with your family
- Eat more lean meats like chicken and fish
- Switch fruits for sweet snacks