

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.

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

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

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



CHRONIC DISEASE DUE TO OBESITY

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

