A Teenager’s Guide to Healthy Living

How to stop obesity in its tracks

Defining Obesity

• An excess amount of fat that is calculated based on your height and weight also known as the Body Mass Index (BMI).

Did you know?

• 18.4% of adolescents aged 12-19 are obese across the United States.
• Obesity rates for children, adolescents and adults have increased in the last 3 decades.
• Overweight teens are more likely to become overweight adults.

The cause?

• Food and beverages that are high in salt, fat, and sugar.
• Not enough physical activity.

Eat well!

1. Choose healthy snacks that will keep you full throughout the day.
2. Control your portion sizes.
3. Replace sodas and other sugary juices with water.
4. Include a variety of fruits and vegetables, whole grains, and lean protein in your diet daily.
5. Avoid processed, high fat and sugary foods such as hamburgers, hot dogs, potato chips, pizza, donuts etc.

Get moving!

Aim for 30 to 60 minutes of exercise a day. Make it a family activity!

Learn more!

https://www.choosemyplate.gov/teens
https://youth.gov/youth-topics/afterschool-programs/health-and-nutrition