

# 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)**.<sup>1</sup>

## Did you know?

- 18.4% of adolescents aged 12-19 are obese across the United States.<sup>2</sup>
- Obesity rates for children, adolescents and adults have increased in the last 3 decades.<sup>3</sup>
- Overweight teens are more likely to become overweight adults.<sup>4</sup>

## The cause?

- Food and beverages that are high in salt, fat, and sugar.<sup>3</sup>

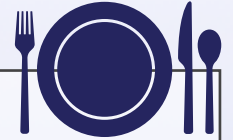


- Not enough physical activity.<sup>3</sup>



## What can you do?

### Eat well!



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

### Get moving!

Aim for 30 to 60 minutes of exercise a day.<sup>3</sup> Make it a family activity!



### Learn more!

<https://www.choosemyplate.gov/teens>

<https://youth.gov/youth-topics/afterschool-programs/health-and-nutrition>

