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# Taking Charge of Adolescent Obesity

## Adolescent Age Group: 10 to 19 years old

Obesity is an excess of body fat that can negatively affect most of your organ systems and put you at greater risk for chronic diseases such as Diabetes, High Blood Pressure and Fatty Liver Disease.<sup>1</sup>

**Obesity can affect almost anyone and you are not alone.**

### What can you do to help yourself?!

- Involve your family in your weight loss journey. Including your family will help you to stay on track and create a positive environment for you to succeed with your weight loss goals.<sup>1</sup>
- Work to manage your food intake but do not restrict your diet too much. You don't want to lack important nutrients to maintain your health.<sup>2,3</sup> Make sure to include servings of fruits, vegetables, whole grains lean meats and low-fat dairy.
- Plan for healthy snacks to have on hand and avoid turning to sugar sweetened beverages such as soda and fruit juices.<sup>2</sup>
- Work hard to fit at least 60 minutes of physical activity into your day. Include your family on a long walk or join an organized sport.<sup>2</sup>
- Don't let TV ads or billboards trick you into thinking certain foods and beverages are healthy – when in doubt ask the professionals!<sup>3</sup>
- Limit your time in front of the TV, tablet or computer. These activities may cause you to want to snack more when you really are not even hungry.<sup>4</sup>
- Make sure you are getting enough sleep each night – it will help you to focus throughout the day and make the right decisions for your health.<sup>4</sup>

**Additional Resource:** <https://www.choosemyplate.gov/>

## Key Tips!

**Be mindful of what you eat and focus on only eating when you are truly hungry.**

**Increase your fruit and vegetable intake and decrease your intake of sugar or salty snacks.**

**Reduce the amount of times you eat out or consume “fast foods.”<sup>2</sup>**

**Get active! Make sure that you are getting at least 60 minutes of physical activity per day. Join a school sport or an exercise class.**



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