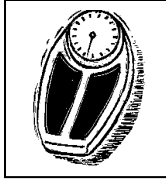


Why be concerned about weight?

Being overweight is linked to serious health conditions such as:



Heart disease
High Blood Pressure
Diabetes
Stroke
Breathing problems (asthma, sleep apnea)
Arthritis

***In 2004, 66% of adults in the U.S. were overweight
32% of adults in the U.S. were obese***

***Overweight children and adolescents are at risk of
becoming overweight adults***



AIM To Reach and Keep a Healthy Weight

Choose Nutritious Foods

- ♥ Eat plenty of fruits, vegetables, and whole grains (whole wheat, brown rice, oats)
- ♥ Choose non-fat dairy products (milk, yogurt)
- ♥ Choose lean meats
- ♥ Drink water instead of pop and juice
- ♥ Say "NO" to Biggie sizes
- ♥ Limit servings of chips, sweets, and other junk foods
- ♥ Consult your doctor before trying a diet or medication to lose weight



Form Healthy Eating Habits

- ♥ Enjoy as many meals a week as possible with family members around your table
- ♥ Try not to eat meals in front of the T.V.
- ♥ Snack on fruits and vegetables



Exercise Daily

- ♥ Walk, Bike, Jump Rope, Swim, Dance... Find something you enjoy doing and do it regularly.
- ♥ Turn off the T.V., get up and BE ACTIVE!
- ♥ When you do watch T.V.: walk or jog in place during commercials