

HELP STOP CHILDHOOD OBESITY

OBESSE CHILDREN ARE MORE LIKELY TO HAVE:

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- TYPE 2 DIABETES
- BREATHING PROBLEMS
- JOINT PROBLEMS



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In order to avoid obesity there are many simple things we can do every day, such as:

- 60 minutes of physical activity each day.
- Consume the appropriate amount of calories for your personal body.
- Eat a healthier diet, and work harder each day to continue to improve unhealthy eating habits.

For more information on how you can help in the fight against Childhood Obesity go to,
http://www.childrensaidsociety.org/obesity-prevention?%21acq%21v2%21s-b-114129785441-1453032311&utm_campaign=Childhood+obesity&gclid=CLmJrfKP38wCFQUlaQodR5UEwA