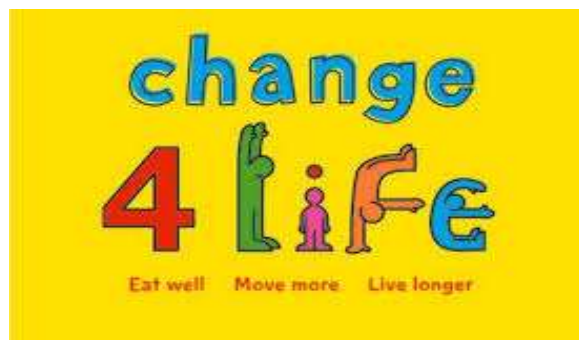


HEALTH AND WELLNESS CLUB

Let's Fight Childhood Obesity



Obesity is a common health issue that is defined by having a high percentage of body fat. A body mass index (BMI) of 30 or higher is an indicator of obesity. Childhood obesity is a serious medical condition that affects children and adolescents.

Many factors increase your risk of becoming overweight:

- **Diet.** Regularly eating high-calorie foods, such as fast foods, baked goods and vending machine snacks, can cause weight gain. Candy and desserts also and more and more evidence points to sugary drinks, including fruit juices, as culprits in obesity.
- **Lack of Exercise.** Children who don't exercise much are more likely to gain weight because they don't burn as many calories. Too much time spent in sedentary activities, such as watching television or playing video games, also contributes to the problem.
- **Family Factors.** If you come from a family of overweight people, you may be more likely to put on weight. This is especially true in an environment where high-calorie foods are always available and physical activity isn't encouraged.
- **Psychological Factors.** Personal, parental and family stress can increase a child's risk of obesity. Some children overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom.

Childhood obesity can have complications for your physical, social and emotional well-being.

- **Low self-esteem and being bullied.** Children often tease or bully their overweight peers, who suffer a loss of self-esteem and an increased risk of depression as a result.
- **Behavior and learning problems.** Overweight children tend to have more anxiety and poorer social skills than normal-weight children do. These problems might lead children who are overweight either to act out and disrupt their classrooms or to withdraw socially.
- **Depression.** Low self-esteem can create overwhelming feelings of hopelessness, which can lead to depression in some children who are overweight.

You can take measures to get or keep things on the right track.

- Limit your consumption of sugar-sweetened beverages or avoid them
- Eat plenty of fruits and vegetables
- Eat meals as a family as often as possible
- Limit eating out, especially at fast-food restaurants, and when you do eat out, make healthier choices
- Adjust portion sizes appropriately for age
- Limit TV and other "screen time" to less than 2 hours a day.
- Exercise regularly and get adequate sleep.
- Adopt Yoga, Aerobics or Jumba as a way to healthy living.

"EAT SMART, BE ACTIVE! A HEALTHIER YOU IS A HAPPIER YOU!!"

Asha Prabhakar

Asha Prabhakar
(Principal)

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