



Get Moving

America is packing on the pounds!

According to the Centers for Disease Control and Prevention (CDC), approximately 34 percent of the population is considered obese.

Obesity leads to far more serious health concerns such as...

- Hypertension
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Cancer (endometrial, breast and colon)

To get the entire family involved in the efforts to keep the weight off and stay healthy, consider incorporating the following activities into your routine:

- Instead of Saturday morning cartoons, go to the zoo or go rollerblading with your child.
- Remove the television from your child's bedroom and limit TV watching to less than two hours per day.
- Do yoga, lift weights or stretch while watching television.
- Celebrate a birthday, anniversary or other special occasion by doing something active, such hiking, a volleyball game or a Frisbee match.