



What is Obesity?

Obesity happens when someone has too much body fat. It can lead to health problems, but don't worry, there are ways to prevent it!

What kind of health problems?

1. Breathing Trouble: Extra weight can make it hard to breathe when we play or exercise.
2. Heart Strain: Too much weight can make our hearts work extra hard, which isn't good.
3. Joint Pain: Extra weight can make our joints hurt and make it tough to move around.
4. Diabetes Risk: It can make us more likely to get a sugar problem called diabetes.
5. Feeling Down: It might make us feel not so great about ourselves sometimes. **And hey, if you're feeling down, don't be afraid to speak to an adult about your feelings.** For more resources, visit this QR code



SCAN ME

Introduction

Hey there, middle schoolers!

Did you know that staying active and eating healthy foods can make you feel great? Let's learn about how to keep our bodies happy and healthy!



Tips for a Healthy Lifestyle

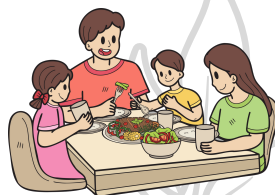
1. Eat the Rainbow: Fill your plate with a variety of colorful fruits and vegetables. They contain important vitamins and minerals that help our bodies grow strong.
2. Limit Sugary Treats: Try to enjoy sugary treats like candy and soda in moderation. Too much sugar can be bad for our health and lead to weight gain.
3. Get Moving: Find activities you enjoy, like playing sports, dancing, or simply going for a walk. Try to be active for at least 60 minutes every day.
4. Limit Screen Time: Spending too much time in front of screens, like TVs, computers, and phones, can make it harder to stay active. Try to limit your screen time and balance it with other fun activities.





Healthy Habits for Life

1. Eat Breakfast: Start your day with a healthy breakfast, like whole-grain cereal, fruit, or yogurt. It will help you stay focused and energized throughout the day.
2. Get Enough Sleep: Make sure to get enough sleep each night. Rest is important for our bodies to grow and stay healthy.
3. Family Meals: Enjoy meals together with your family whenever possible. It's a great time to share stories and enjoy healthy, home-cooked meals.



Remember

Taking care of your body is important for feeling good and being happy. Your body is unique, so love it, take care of it, and it will take care of you!

By making healthy choices every day, you're taking big steps towards a happy and healthy life.

Keep up the good work and remember, small changes can make a big difference!

If you have any questions or want to learn more, talk to your teachers, parents, or a trusted adult.

Stay healthy and keep shining bright!



Be fit, Be Healthy Let's Stay Healthy Together!

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