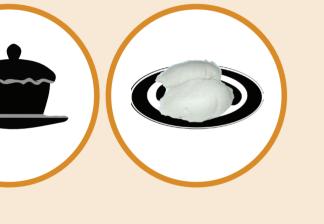
Causes and Consequences of Overweight

• Consuming more calories than you need

• High-fat, high-sugar foods





Not enough physical activity



HEALTH PROBLEMS:

- hypertension
- heart disease
- stroke
- diabetes
- respiratory problems
- liver disease
- osteoarthritis (joint disease)
- some cancers



LEADING TO:

- limited mobility
- lost productivity
- lost income
- premature death

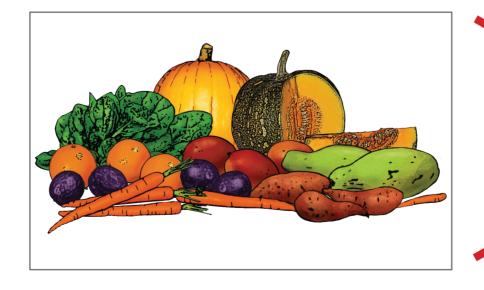


KNOW YOUR BMI

BMI means "body mass index" and is based on height and weight to reflect a person's nutritional status. A high BMI indicates the body is carrying extra fat that can cause health problems.

Nutritional status	BMI
Severe underweight	<16.0
Moderate-mild underweight	16.0–18.4
Normal	18.5–24.9
Overweight	25.0–29.9
Obese	≥30.0

MAKE HEALTHY CHOICES EVERY DAY



EAT MORE VEGETABLES AND FRUITS



AVOID JUNK FOODS AND DRINKS



GET ACTIVE AT ANY AGE