

# Why Weight???

When you're walking down the street, how many overweight people do you see? Over half of the United States is overweight. Making the right choices may save your life.

Eating healthy is a choice we all can make. Children aren't born overweight. Getting back on the right path is important. Some schools are helping students by limiting the amount of fat in school lunches and making exercise part of their curriculum. Exercising just thirty minutes every day will make a difference.

Eating healthy foods will prevent the health complications that come with obesity. These include diabetes, hypertension, and coronary disease. Obesity also increases the risk of getting certain cancers.

One of the number one causes of obesity is excessive video game playing. Kids are playing video games instead of exercising. Some people are playing approximately eighteen hours



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a week. People should cut back on playing video games so they don't end up overweight.

Obesity is also caused by parents letting their children eat junk food instead of giving them healthy foods as alternatives. Parents need to set the right examples for their children. By eating healthy foods themselves, they're showing their children how to make the good choices.

If we stop the bad eating habits and start exercising, we'll have a great life to live. So be like me, exercise and eat healthy foods. I guarantee you'll love it. So, why "weight"?