

## **‘NUTRITIONAL TIPS’**

### **OBESITY**

Are North Americans concerned?

More and more adults and children are overweight, but do Americans worry about the problem?

According to a recent survey conducted for the American Public Health Association, more than four in five Americans are concerned about childhood obesity and three in four Americans are concerned about obesity in adults.

The survey also reveals that Americans realize the primary causes of excess weight are diet and lack of exercise. We, as a nation, need to do more **‘Horizontal Push Aways’!** That is the exercise variety of push up that pushes you away from the table! The hard facts are that, when we have more calorie intake than burn, we gain weight!

If you or someone you know has a weight problem, consider visiting a dietetic professional who can help develop an eating and physical activity plan that’s right for you. Don’t do this if you are not serious! Waste of time and money! Dishonest!

Remember, making behavioral changes takes time. Start with small steps that are maintainable for life.

Are North Americans concerned? Actions and reality seem to say ‘NO’! Actions speak louder than words. Simply take a look around at people with more than ‘Love Handles’. Where do you fit in? What is your ‘Action Plan’?

Get up off your ‘Fat Butt’ right now and go for a brisk one-mile-walk with your spouse! When was the last time you two did this?

**DO IT NOW!**

**“Welcome Aboard!”  
“Enjoy The Ride!”**

**SATISFACTION GUARANTEED**

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