Childhood Overweight
A Set Up For:

- Poor Fitness
  - Joint Pain
  - Shortness of Breath
  - Poor Athletic Performance
  - Fatigue

- Self Worth
  - Lack of Confidence
  - Depression
  - Shame, guilt, self-blame
  - Risk of substance abuse

- School
  - Poor Academic Performance
  - Difficulty Concentrating
  - Increased Drop out rate
  - Increased Absenteeism

- Relationships
  - Social Isolation
  - Teasing
  - Stereotyping
  - Lazy, dirty, dumb
  - Friends and Partners with poor self esteem

Simple Changes = Big Rewards
Get Moving  Limit Screen Time  Eat Smart  Drink Well