

The Problem

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- According to the Department of Health and Human Services, 12.5 million children are obese today - that's more than 17%!
- The CDC reports that the prevalence of obesity among children age 6 to 11 more than doubled in the past 20 years.
- Children who are obese are at risk for heart disease, bone and joint problems, sleep apnea, and social and psychological problems.

Solutions

- Physical Exercise
- Increased self-esteem
- Healthy nutrition