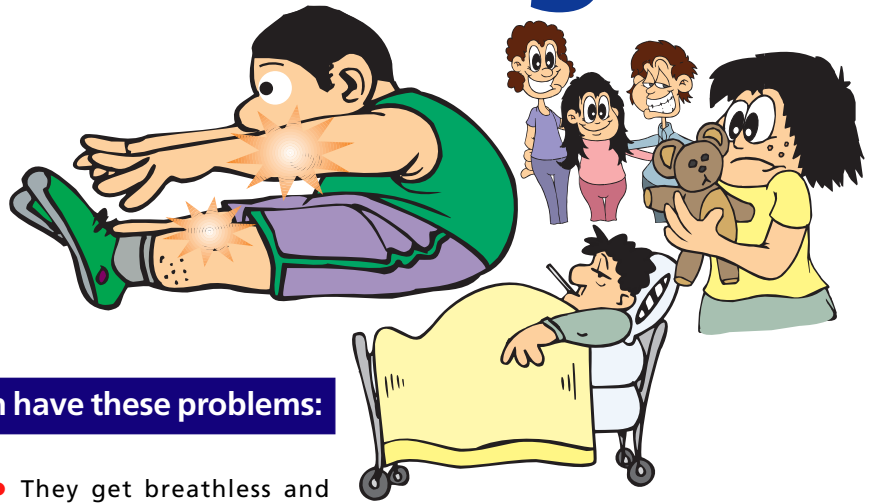


# What's wrong with being overweight?

Overweight children will become overweight adults unless they make an effort to lose weight. Overweight adults are more likely to develop serious illnesses like heart attack, stroke, high blood pressure, diabetes and certain types of cancer.



## Children who are overweight can have these problems:

- They are more likely to get joint pains.
- They are often shy about how they look.
- Their hearts will have to work harder every time they work and play.
- They get breathless and tired more easily.
- Their bodies will have to carry excess weight.
- Their friends may laugh at them and tease them.
- They are more likely to get illnesses that are linked to being overweight when they grow up.

# Why your child is overweight

We all need energy to live and grow, study and play. Food gives us this energy (energy input). We use energy in our daily activities (energy output).

To stay trim, we have to balance what we eat (energy input) with what we do (energy output).

When your child eats too much and does not exercise enough, the excess energy becomes stored as fat in his body. He then becomes overweight.

Every 3500 calories (a unit of energy measurement in food) that the body takes in excess will be turned into an extra half a kilogram of fat.

