Overweight Hurts

- Non-Alcoholic Fatty Liver Disease
- Growth Acceleration
- Sleep Apnea
- Eating Disorders
- Menstrual irregularities
- High Triglycerides
- Musculoskeletal Problems
- Social Isolation

- High Blood Pressure
- High Cholesterol
- Polycystic Ovary Disease
- Acanthosis Nigricans
- Snoring
- Heart Disease And Stroke
- Asthma
- Teasing

Little Changes = Big Rewards
Get Moving
Eat Smart
Pull the Plug
Drink Well