

Get Moving

America is packing on the pounds.

According to the Centers for Disease Control and Prevention (CDC), approximately 34 percent of the population is considered obese.

Obesity leads to more serious health concerns such as...

- Hypertension
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Cancer (endometrial, breast and colon)

To get the entire family involved in healthy living, consider incorporating the following activities into your routine:

- Instead of Saturday morning cartoons, try a family walk or basketball game.
- Limit TV watching to less than two hours per day.
- Do yoga, lift weights or stretch while watching TV.
- Celebrate birthdays and special occasions with fun activities, such as hiking, a volleyball game, or a Frisbee match.

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