

Asthma, Diabetes,  
& joint pain.  
Prevent exercise  
and bring on  
Depression &  
Low Esteem

Healthy  
Child



TELEVISION

Video  
Games

Not enough  
moving



High Fat  
Foods



Junk  
Food



Too much  
screen time  
No action



# The Cycle Of Childhood Obesity

Obese  
Adult

Coronary  
Artery Disease  
Diabetes  
Lung disease  
Death



Severely  
Obese Child



Mildly  
Obese Child



Extra 10-20kgs  
moving is  
uncomfortable &  
painful

The other  
kids make  
fun of me



I'm no  
goods at  
sports



I'm too  
tired to  
climb  
stairs



Moderately  
Obese Child



Extra 5kg makes  
moving difficult