

Title:

Combating Childhood Obesity

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727

Summary:

A common misconception in today's society is that a chubby baby is a healthy baby. Yes, we all

Keywords:

childhood, obesity, calories, health, kids, overweight, family

Article Body:

A common misconception in today's society is that a chubby baby is a healthy baby. Yes, we all

With the increasing popularity and convenience of fast food, nearly one out of every five children are obese. With more advances in modern technology, we have found ways to do things the lazy way, eliminating physical activity. It seems like everyday as parents, our lives get busier and faster paced, and we have less and less time to spend with our kids. Kids who spend a lot of time inside in front of television or video games also increase their risk of obesity. Basically, childhood obesity is caused by lack of physical exercise, bad food choices, and too much screen time. Obese children are at increased risk for all kinds of health conditions. Common problems include high blood pressure, diabetes, and asthma.

It is important to do everything you can to prevent childhood obesity from striking your kids.

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