

Maggie's Health Tips



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Let's fight childhood obesity together.

Obesity is what doctors call it when you have too much body fat. Kids are checked against the average height and weight for kids of their age. If a kid's weight is a lot more than the average for their height, it could be that the child is obese. Obesity can lead to health problems. What can you do to fight obesity?

1. Choose the right food. Eat the right amount of the right stuff, and don't snack when sitting around.
2. Get the right amount of exercise. Look for ways to do more exercise like, walking or cycling to and from school with your friends.
3. Get a good night's sleep. Don't stay up late playing computer games or watching TV. Get up early and keep busy all day so that you are ready to sleep at night.
4. Get involved. Join in things at school or after school, so that you have an interest, and can spend more time with other kids having fun.
5. Be determined to change and make the most of yourself. You only get one body, so try to look after it and feel good about it.
6. Be happy. Everybody has bad days. You'll feel better if you do some exercise. Run, walk, dance, skip, hit a ball or do anything else you can think of for a while, and those feel-good chemicals will start coming into your brain, making you feel that life's okay after all!

Fitness Word Search

D M H P A X L O V W T O C X W
U V K Q J L V P K E T U Q D T
H H F P X G J M I U A H F O V
I L R D H B T U Q N P G G X T
T Z S K D L R K M Y R W O G R
H X S Q S A W G V P A A E Y A
R N H Z H C T E R T S L P B E
P C Q W A K W S A U Y K P Z H
E M K V T S S T M C H J L M F
R H K J V E S I K T T Y M J V
M U R F O L R K R B L I C G U
V Z G E L C T U K D A B V V M
W N V G G S N U T Q E P G E K
G M Z X W U A A C V H V B C A
N V L Q W M G C T T Y Z A S T

HEALTHY

YOGA

JUMP

MUSCLES

WALK

RUN

STRETCH

HEART

ACTIVE

PLAY

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