



# Here's how to take a bite out of childhood obesity.

More than a third of children and teens are overweight, putting them at risk for a host of serious health problems. So what can we do to shrink these figures?

- Eat better — cut down on refined sugars and processed snacks
- Exercise more; encourage outdoor play.
- Limit TV time, which encourages snacking between meals.

September is Childhood Obesity Awareness Month



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