- Watch less TV and move around during the commercials.
- Park at the opposite end of the mall from where you need to shop.
- Walk to do shopping or other errands.

BECOMING MORE ACTIVE HELPS YOU TO:

- Reduce the risk of heart disease, stroke and diabetes
- Improve joint stability
- Increase and improve range of movement
- Help maintain flexibility as you age
- Prevent osteoporosis and fractures
- Improve mood and reduce symptoms of anxiety and depression
- Enhance self-esteem
- Reduce stress

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Phone: 202 • 347 • 3507
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www.refugees.org

For more information about obesity on the Internet, please visit:

American Heart Association
www.americanheart.org

American Diabetes Association
www.diabetes.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

Medline Plus
www.medlineplus.gov

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Information for this brochure was adapted from materials developed by:

The Centers for Disease Control and Prevention (CDC)

The U.S. Department of Agriculture (USDA)

American Heart Association

American Obesity Association

American Diabetes Association

Georgia State University, Department of Geography and Anthropology

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What is Obesity?

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
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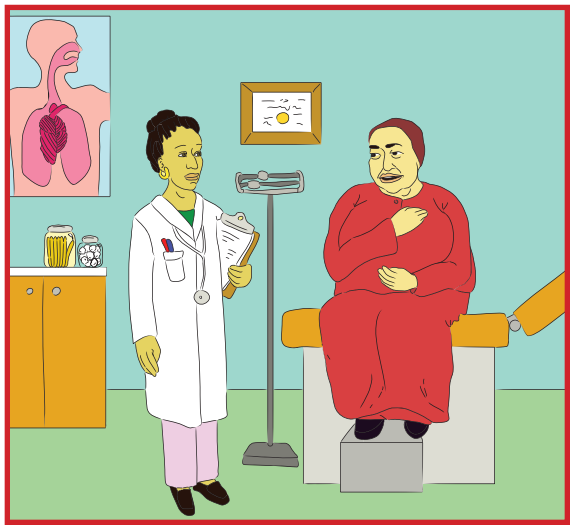
www.refugees.org
Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

HEALTHY LIVING

WHAT IS OBESITY?

Obesity is a disease in which a person has too much body fat and weighs too much. The most common causes of obesity are eating too much and not exercising enough. Refugees may develop obesity when they move to a new country and develop new eating habits. Obesity may affect the heart, lungs, joints, and bones. Obesity may lead to bone and joint injury, and may shorten your life span. Obesity decreases the ability to move and may lead to serious health issues such as:

- High blood pressure
- Diabetes
- Heart disease
- Stroke
- Breathing problems



HOW TO PREVENT OBESITY:

- Be physically active at least 3 times every week for at least 30 minutes. You can increase your physical activity by walking, playing sports, gardening, or walking up and down stairs.
- Stop smoking. Smoking makes the poor health effects of obesity worse.
- Eat more fruits and vegetables.
- Limit the amount of alcohol you drink.

HEALTHY EATING TIPS:

- Eat a variety of foods each day for the vitamins and minerals your body needs to grow and be healthy.
- Eat less or smaller portions of chips, cookies, treats, candies, butter, margarine, mayonnaise, salt, fried foods, ice cream, sherbet, and sodas.
- Eat fewer foods that are fried or have high-fat starches (pastries, biscuits, or muffins).

OTHER WAYS TO MAKE MEALS HEALTHY:

- Try whole grain breads and cereals such as whole wheat bread and brown rice.
- Eat lots of fruits and vegetables.
- Use very little fat, oil, or butter when cooking.
- Use vegetable cooking oil spray instead of oil, shortening, butter, or margarine.
- Try baking, broiling, roasting, steaming, or grilling instead of frying.
- Eat low fat cuts of meat such as chicken, turkey, or lean beef.
- Use fat free (skim) or low-fat (1%) milk, cheese, and yogurt.

TIPS TO BE MORE ACTIVE:

- Walk! Take two brisk, 15-minute walks every day.
- Go dancing.
- Play with your children.
- Take the stairs instead of the elevator.
- Get off the bus one stop early.