

A Growing Problem

Imagine yourself walking on the streets everyday being pointed and laughed at because of your size. You walk into the doctors' office and you step on the scale and you see that your fifteen pounds heavier than a month ago. Imagine walking into a store and seeing kids your age wearing sizes 10 or 12, 14 or maybe even 16. You have to walk past that in embarrassment into the men's and women's department because you have grown way out of the kids sizes.

These kids struggle with these problems everyday. We need to prevent more kids from being obese because this could lead to a short life span or a horrible life style. Think about it, would you want this to be you?

The number of obese children in America is still increasing. By 2010 the number that is now 28 percent will be up to about half the kids in America. In the past 20 years the number of obese kids has tripled 20 years.

It May Not Even Be Their Fault

Have you ever drove by Sams Club or Costco and they have big signs saying stuff like, "Buy in bulk and save money" or anything else that lours people into buying more supplies for less money? This means that parents go out and buy 62 packs of "Capri Sun" or "Hi-C." Or other sugary drinks that are artificially flavored. They may even buy a 32 pack of doughnuts or coffee cakes. When these things are in the house, how can the kids resist? How many of you eat when you are bored but you're not hungry? I know I do sometimes. Many kids do, especially while watching TV all day or doing nothing productive. Kids that are obese are mostly kids that very few friends, if they have any. Most girls are overweight because they aren't popular or they don't fit in. Obese children also aren't very active or involved in any after school programs or sports so they go home and eat and if people are buying bigger food supplies then needed, the amount of food consumed will be much more. Most kids don't

know when they are full so they keep eating.

Fast Food = Fast Pounds

Have you ever walked into McDonalds and it has signs saying, "Over one billion served here?" How many calories do you think came along with the food they ordered? How many of you have had a happy meal before? Let's say the happy meal had a Hamburger Small French Fries 1% Low Fat Chocolate Milk (8 fl oz) that would be 660 calories, if the one billion people that were served here were kids and they all ordered one happy meal that would be 660 billion



calories inside one billion kids. In the U.S.A. there are over 13,300 McDonald's I believe that if the amount of fast food restaurants in America was lowered, we could reduce the amount of obese children.

Celebrities Take a Stand

Shaquille O'Neal, a famous basketball player



on the Phoenix Suns has a TV series Shaq's Big Challenge which helps kids to get fit and eat healthy. Jennifer Lopez and Marc Anthony have joined forces and hit the road to fight childhood obesity. There is always a fitness club involved, The New York Sports Club had a fundraiser on January 9th 2008 and raised 250 thousand to fight against obesity.

My belief

In America there are too many overweight children. Kids don't deserve this punishment that they created for themselves. Do you have a sister or brother or cousin that is overweight? How would it make you feel if they were embarrassed to go to school? Or even go outside or what if they had diabetes or a heart disease and died because they were too late to make a difference in their own lives. America is the most overweight country do you want that?

