

September

Obesity Awareness

Preventing Obesity



Try to get at least 150 minutes of moderately intense aerobic activity each week.

Experts advise 60-90 minutes of daily exercise to prevent weight gain during adulthood.



Eat a colorful plate and make half of your meals fruit and vegetables.

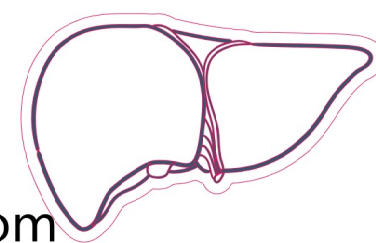
Avoid sugary drinks and instead opt for unsweetened tea, low-fat milk, or water.



Get protein in your diet from sources such as seafood, lean meat, eggs, poultry, and nuts.

Obesity And Your Liver

A good diet and regular exercise are important to prevent non-alcoholic fatty liver disease, which hinders the liver from performing its digestive and detoxification functions.



Doctor's Tip

Before starting an exercise regimen, check with your doctor to make sure your heart is healthy enough to sustain vigorous activity.

- Dr. Bianca Chang, University of Chicago Hospital



LIVE FIT. LIVER FIT.
GET FIT >>>

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

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