

Health & Wellness Tip of the Week

Week 1 January 1, 2018

January is all about Choosing Healthy Foods
Today it's more important than ever to take an active role in your health care.



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Take wellness to heart

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Make Healthy Eating a Way of Life

Two-thirds of U.S. adults are overweight or obese. If you are one of these adults, unhealthy eating may be the cause. Children and teens in the U.S. are also at risk. Nearly 13 million 2 to 19 year olds are obese. Poor eating habits can lead to unhealthy weight. It can also cause major health problems, such as:

- Heart disease
- Osteoporosis (bone loss)
- High blood pressure
- Some types of cancer
- Stroke
- Liver and gallbladder disease
- Type 2 diabetes
- Sleep apnea and respiratory problems

Use common sense about eating habits so you can take charge of your health.

Source: Centers for Disease Control and Prevention

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