

Adverse effects of childhood obesity: a personal experience essay

[Science](#), [Genetics](#)



But one thing that I do to stay healthy is exercise. Now I know I am not the fittest guy that you've ever seen but I can get myself around and this is not because of my genetics or my surroundings but because I make myself go out and exercise. There are so many opportunities for kids to go outside and be active. The earlier the kids start exercising, the better.

This will make them accustomed to being active. B. (Thesis): Childhood obesity can be prevented with more outside play. C. (Preview of main points): To be able to explain on what more outside play can do for children I will be explaining two main points. My first main point is that your children will be healthier and happier with exercise and my second main point is what exercise can do to a kid's life span. II. Body A.

Children are healthier and happier 1 . According to stealth. Org accessed on March 22, 2014, than in 2012 1 out of every 3 kids are considered overweight in America.

2. Stealth. Org always states that children who are active tend to have higher self esteem and a stronger body.

Playground or outside 3. According to midlines accessed on March 22, 2014, kids only need about an hour of outside play a day. . This does not mean you have to go out and be the best at every sport. 5. According to The Mayo Health Clinic accessed on March 23, 2014 a little bit of exercise can put kids into better moods. B.

A child's life span 1 . According to the American heart Association accessed on March 23, 2014, exercise for a child reduces blood pressure and the risk

of diabetes and certain types of cancer 2. This creates a safer life. 3. The American heart Association also states that children that do not do exercise eve a higher chance at coronary artery disease.

. According to the National Institute of Health accessed on March 23, 2014, Coronary artery disease is a disease in which a waxy substance called plaque builds up in your coronary arteries. Over time the build up can harden and narrow your coronary arteries and then reducing the oxygen rich blood flow to your heart.

5. My uncle Ill. Conclusion A. (Summary): In conclusion, kids need to be more active in order to live a healthy life.

It is not a hard task for kids now a days to get out and have fun outside.