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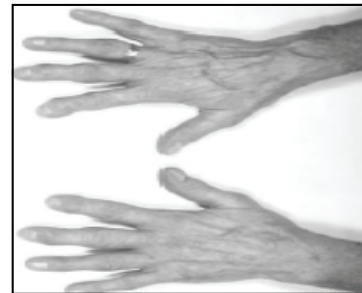


DNLDD/048 Review April 2008

Overweight



If you eat too much
you will put on weight
this is not good for
your health.



It is bad for your
heart and you can get
diabetes and
arthritis.



When you are
overweight you will
get out of breath .



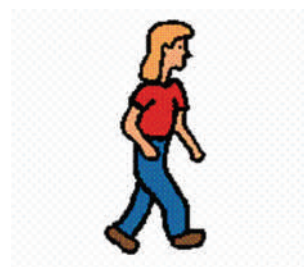
Your clothes will be too tight and you may feel unhappy.



Eat some fruit and vegetables every day.



Try to not eat too much cake and fizzy drinks.



People exercise in different ways:

- Swimming
- Walking
- Keep fit
- Running
- Dancing

Exercise in the way you like best and enjoy yourself .