



Fitness with the Family

A Family's guide to slaying the Beast in OBESITY

According to the National Institute of Health, "A person is more likely to become obese if a close friend or family member has put on some pounds."

After reading the article *Friends and Family May Play a Role in Obesity*, I began to reflect on my own weight gain and who in my circle could be affected by it. I realized it was the MVP of my family, my dearest confidant, my mother. Could my weight gain be the reason for hers? Could we be enabling one another from living our best lives? After a little guilt and reflection, I had to figure out what I could do that could help us lose weight as a family. What was the greatest asset that I had available to help us reach our weight loss goals? It was my job, my city! There are so many resources and tips that I have access to. Here are some astounding numbers about obesity and how it correlates to oneself, according to the July 26, 2007 issue of *The New England Journal of Medicine*.

The likelihood of an individual becoming obese:

- ❖ 57% - if a close friend is obese
- ❖ 71% - if that close friend is the same sex as you
- ❖ 40% - if an individual has an obese sibling
- ❖ 37% - if your spouse is obese

Here are a few tips to help you slay the Beast in Obesity.



Tip #1: Enjoy fitness with your family. There are numerous ways to get fit as a family and one simple way is to work on your garden or take a scenic walk through your neighborhood. This is a great way to reduce TV time and decompress as a family. Walking daily can help reduce stress, tone your lower body and can play a dynamic role in disease prevention. Plus, a brisk 20-minute walk after dinner promotes a healthy metabolism and will help you reach your daily fitness goals.

Tip #2: Cut the sugar and increase the water. (Your organs will thank you) Limiting your intake of sugar to 19g a day and drinking at least 8 glasses of water a day can substantially reduce your risk of diabetes, lower blood pressure and cholesterol, help your skin remain vibrant, and keep your organs functioning at optimal levels. 

Tip #3: Take it to the streets. If your family prefers the great outdoors then take your fitness to the park, beach or to an event happening in our city. Try walking the trails of Sawgrass Lake Park or kayak the waterways of Weedon Island. If you prefer concrete to sand then try visiting the city's newest attraction, the St. Petersburg Regional Skatepark.



Events happening this month for you and your family:

- ❖ Friday nights Flick & Float at local pools
- ❖ Wednesday, July 4, Fireworks display and Caddy's on Central/Rowdies car show at Al Lang Stadium
- ❖ Saturday, July 7, Free Yoga in the Park at Crescent Lake Park
- ❖ Saturday, July 14, Extreme Mud Wars at Lake Vista Park
- ❖ Saturday, July 28, Back2School Care Fair at Johnnie Ruth Clarke

To read *Friends and Family May Play a Role in Obesity* visit

www.nih.gov/news-events/nih-research-matters/friends-family-may-play-role-obesity

