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American Stroke Association  
A Division of American Heart Association

American Heart Association  
*Learn and Live.*

**Don't supersize him.**

Childhood obesity is a growing epidemic that increases death and disability from heart disease. Requiring minimum standards for physical education, such as 150 minutes per week of physical education for elementary schools and 225 minutes for middle schools, gives children a fighting chance against obesity and heart disease. And, coordinated school health programs will ensure that children have sound minds and healthy bodies. You can prevent supersized children who suffer more health problems and grow into unhealthy, less productive and disabled adults. Don't miss your chance to shape a whole new generation of Americans and stop the nation's No. 1 killer—heart disease.

**Heart disease. You're the Cure.**

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## Over 70% of Obese Kids Will Carry Their Extra Weight for the Rest of Their Tragically Short Lives.

Carrying around extra pounds is a tremendous burden for a child. Not only does obesity lead to depression, it also causes diabetes, heart disease and cancer. And once a child becomes obese, he or she has a 70% chance of being obese as an adult, with a lifespan shortened by up to 20 years. Childhood obesity is one of the most serious epidemics of our time. Parents, it's up to you to step up and do something about it.

Find out how to help your child before it's too late.  
Go to: [www.parentsstepup.com](http://www.parentsstepup.com).

**PARENTS  
STEPUP**

 Baptist Children's Hospital  
 Joe DeMaggio Children's Hospital  
 Pharmed / de Cespedes FOUNDATION

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Zdroje

- <https://www.adforum.com/talent/41699913-steven-gross/work/6697484>
- <https://heartforhealth.wordpress.com/2012/06/10/pediatric-obesity-video/>