

EATING DISORDERS

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ANOREXIA



People with anorexia have a real fear of weight gain. Many teens with anorexia eat less and less food. Others with anorexia may start eating a lot of food and then force themselves to vomit, using laxatives, or exercising excessively.



BULIMIA

Bulimia is similar to anorexia. With bulimia someone might eat to excess and then try to compensate in extreme ways, such as forced vomiting or excessive exercise to prevent weight gain.



OBESITY

Overweight and obesity are abnormal fat accumulation

that presents risks for health such as diabetes, cancer and cardiovascular



PREVENTION

Dr G. Scapagnini





**I AM
THE
BEST**

WHY IS PHYSICAL ACTIVITY IMPORTANT?



**VICKY
ZAGARRA**

Being physically active can help you to:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Have stronger muscles and bones
- Be with friends or meet new people
- Enjoy yourself and have fun



BE FIT AND SOCIABLE THROUGH
DANCE, MUSIC AND LOCAL
DISHES !