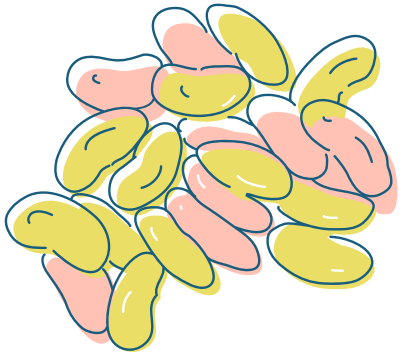
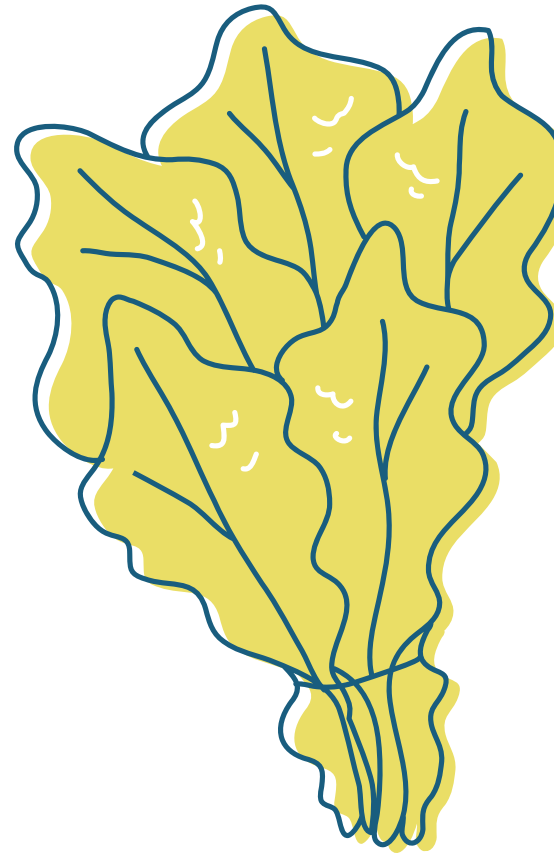
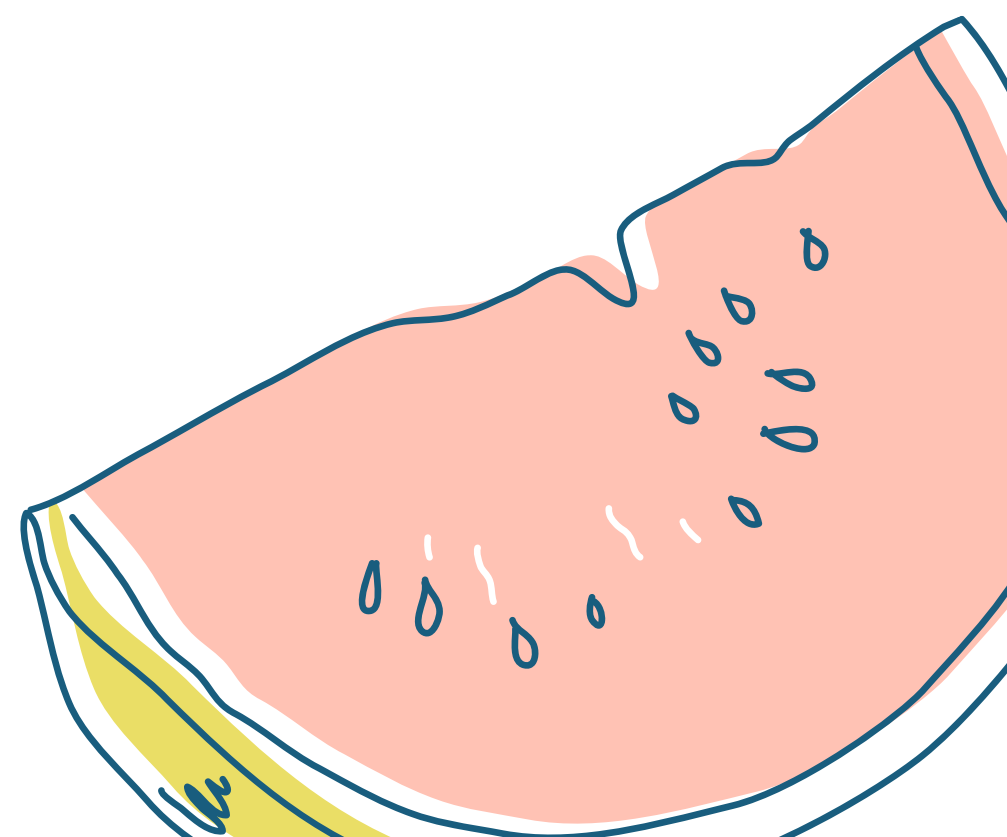
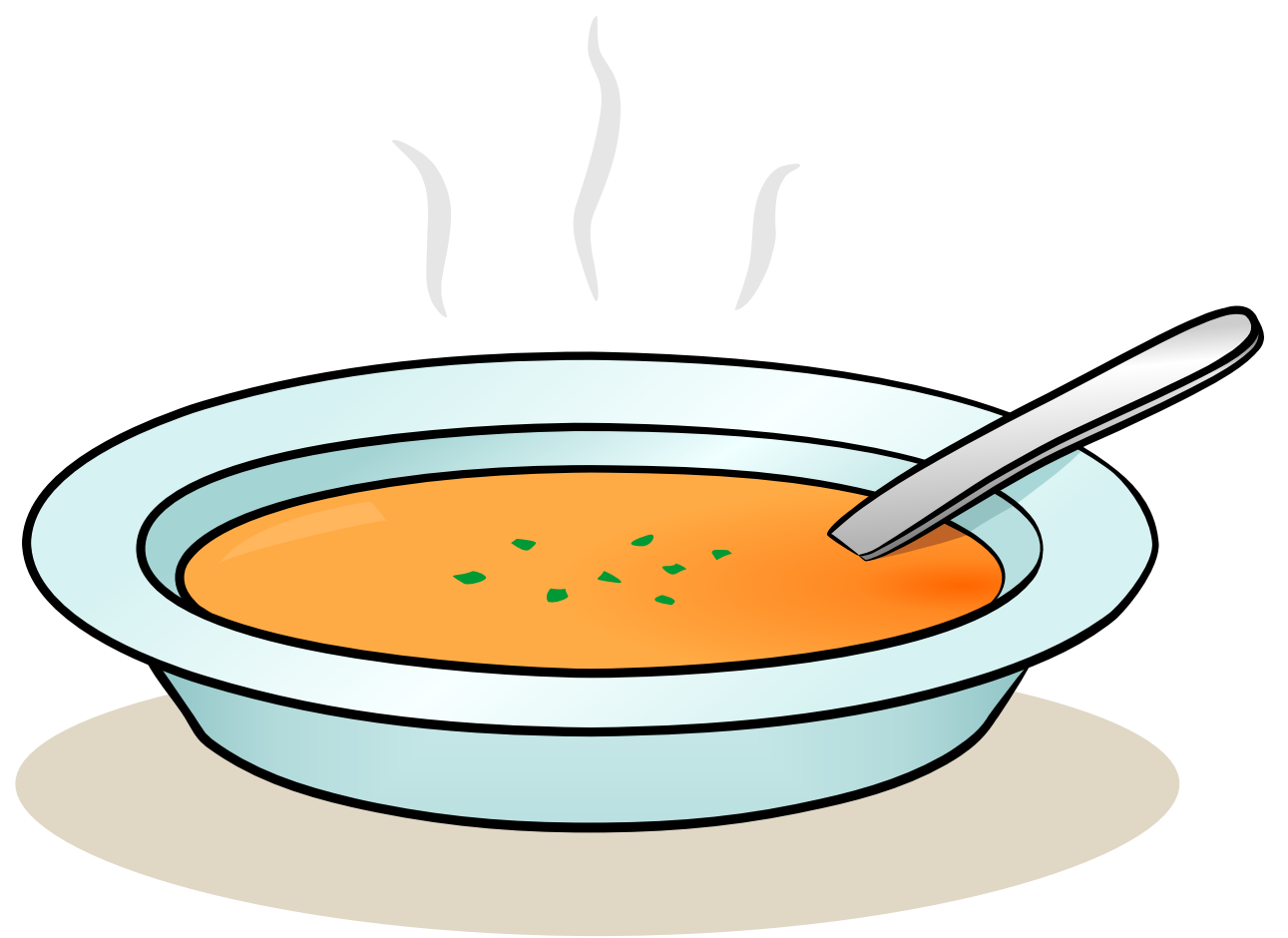
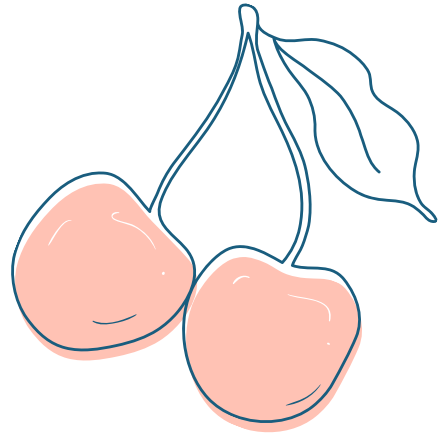


DIA NACIONAL DE LUTA CONTRA A OBESIDADE 21 DE MAIO

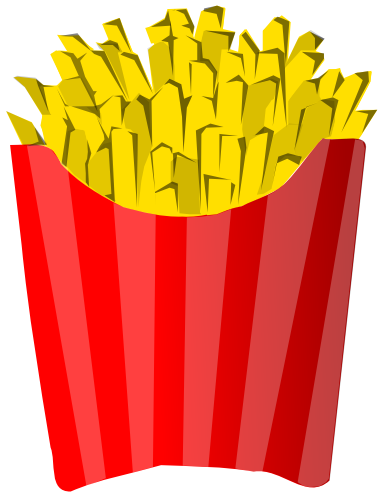


DIZ NÃO À OBESIDADE



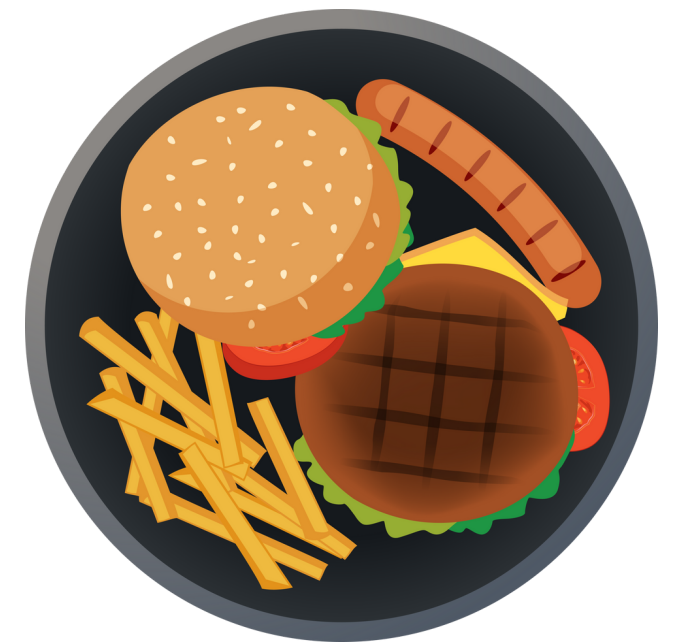
ALIMENTOS A EVITAR

REFRIGERANTES



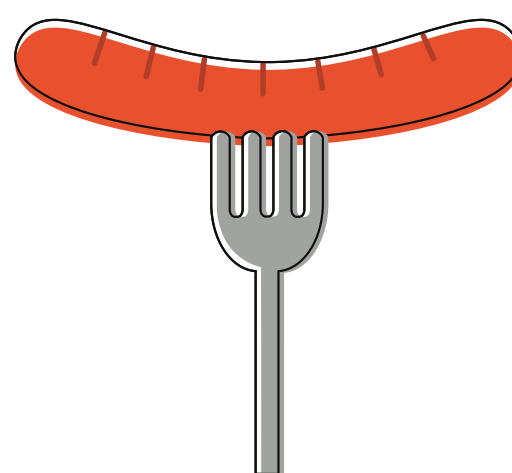
BATATAS FRITAS E APERITIVOS
SALGADOS

REFEIÇÕES PRÉ-COZINHADAS



AÇÚCAR E
ALIMENTOS COM AÇÚCAR

PRODUTOS DE
CHARCUTARIA E
CONSERVAS



PROBLEMAS SOCIAIS E PSICOLÓGICOS

BULLYING



BAIXA AUTOESTIMA



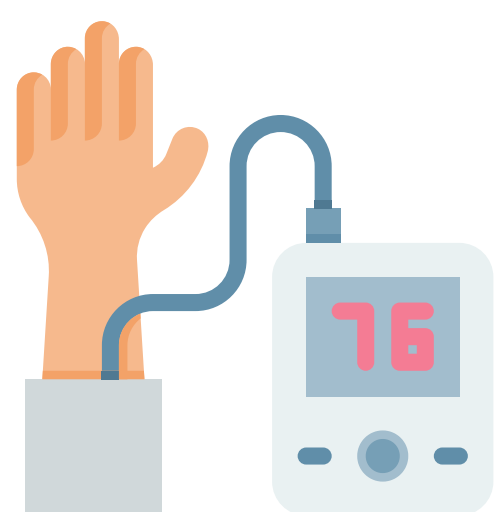
DEPRESSÃO



BAIXO RENDIMENTO ESCOLAR

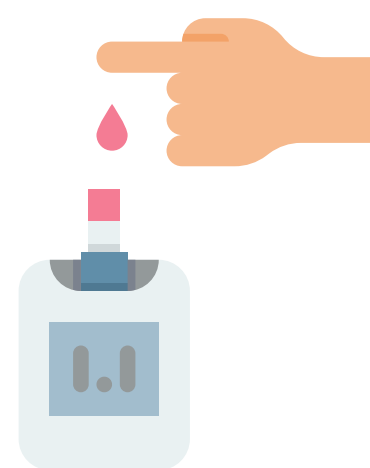
CONSEQUÊNCIAS DA OBESIDADE INFANTIL

DOENÇAS CARDIOVASCULARES

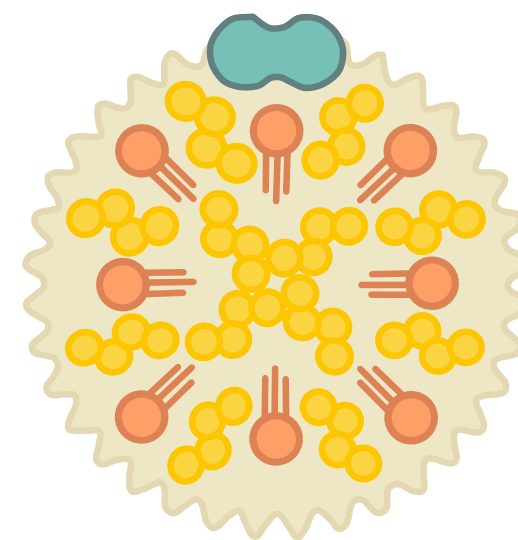


HIPERTENSÃO ARTERIAL

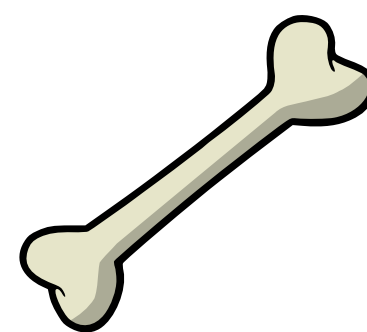
DIABETES TIPO 2



COLESTEROL ELEVADO

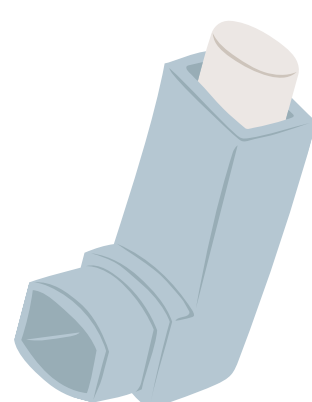


PROBLEMAS ÓSSEOS



APNEIA DO SONO

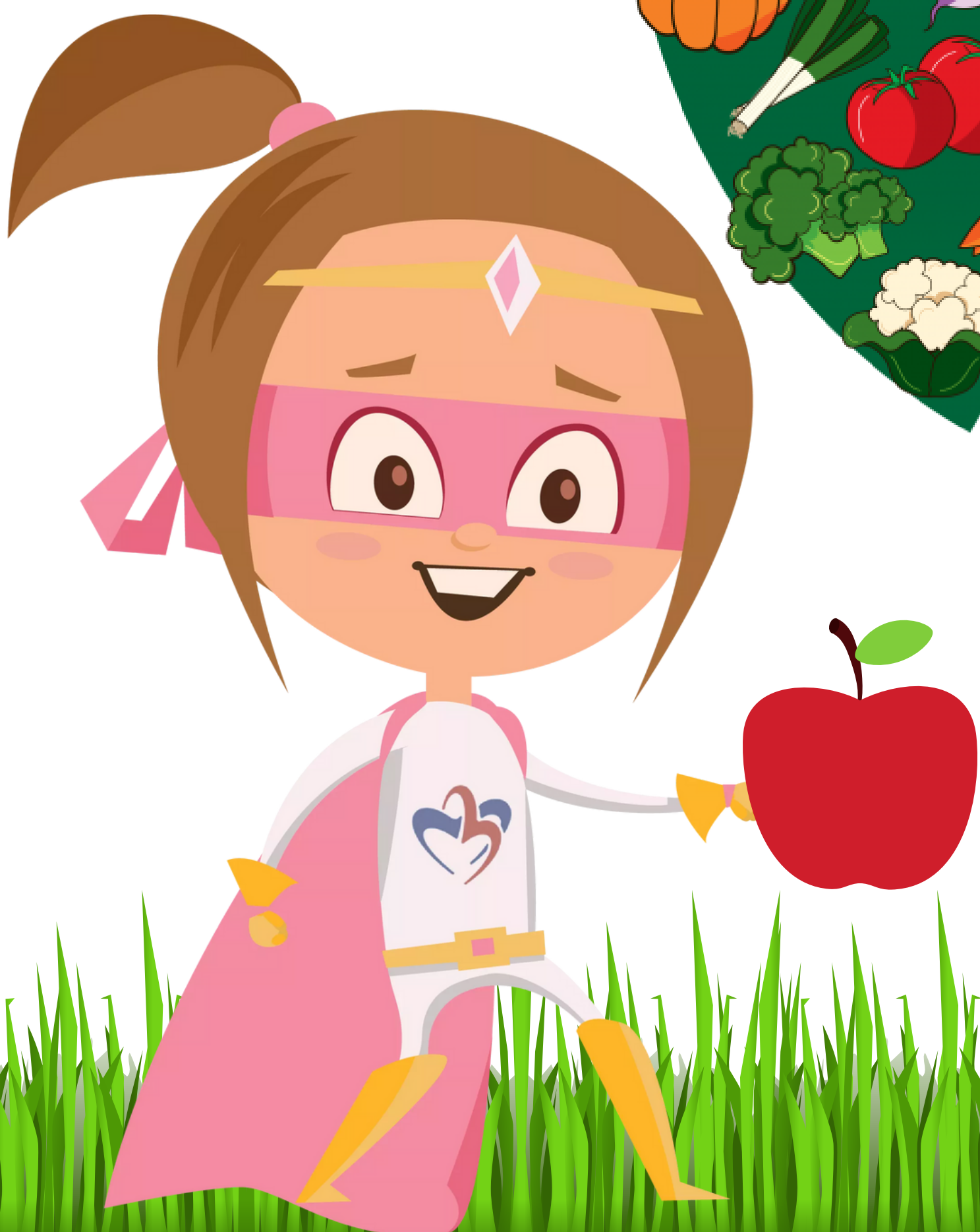
ASMA



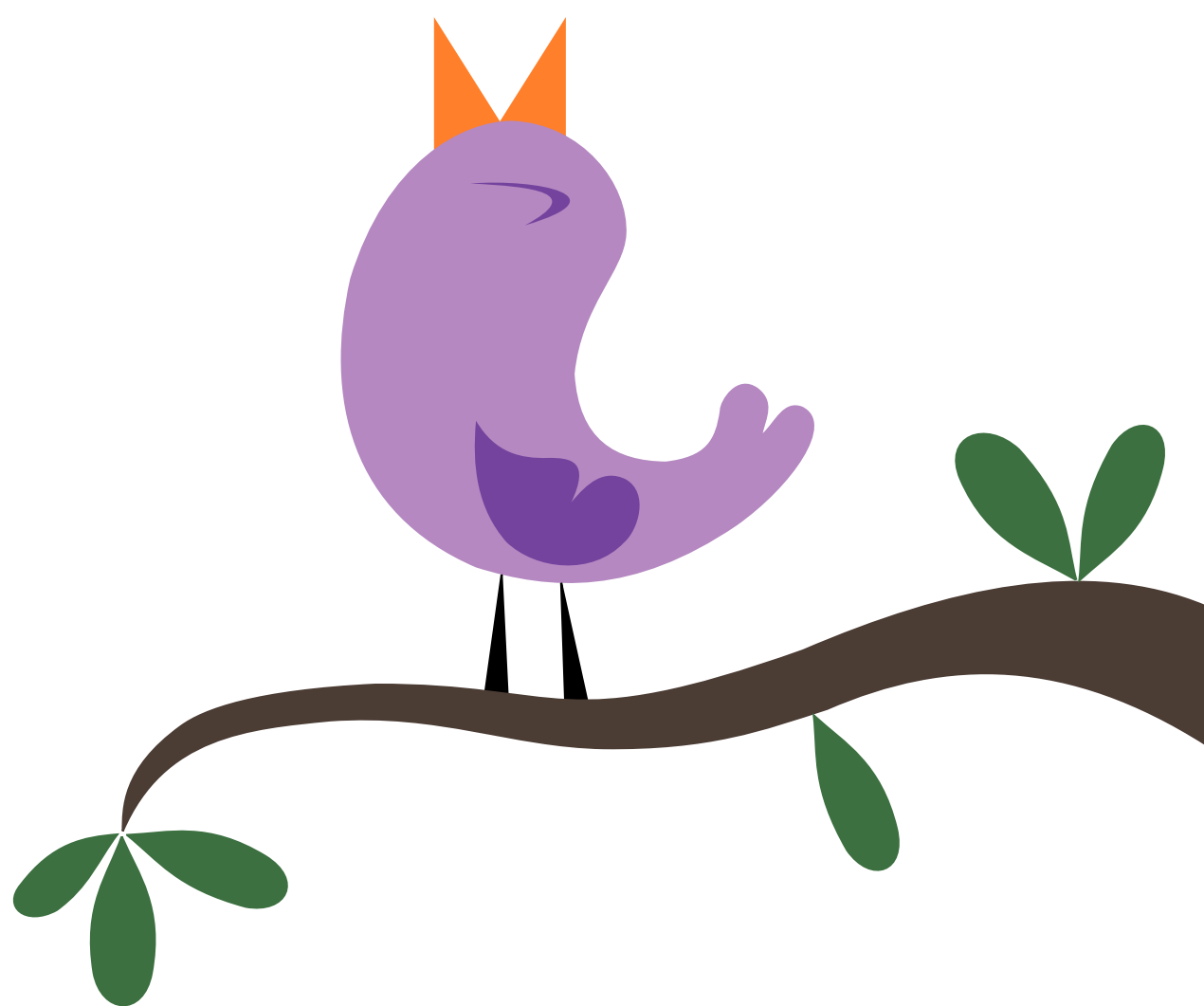
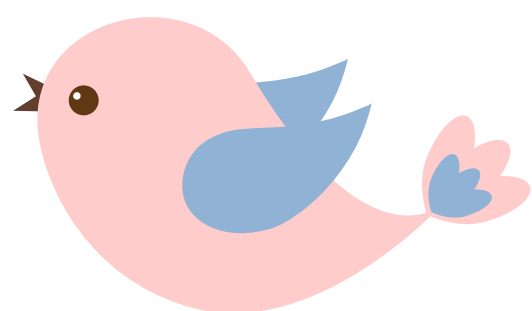
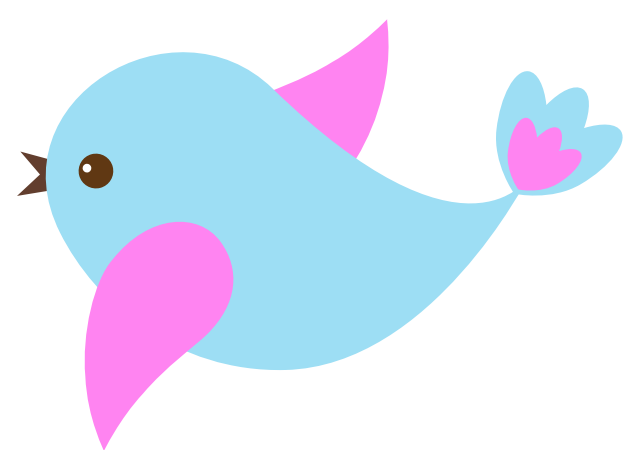
VÁRIOS TIPOS DE CANCRO



FAZ UM ALIMENTAÇÃO COMPLETA, EQUILIBRADA E VARIADA.

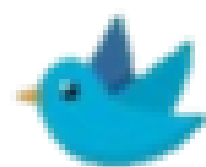


BEBE ÁGUA COM
FREQUÊNCIA,
MESMO QUE NÃO
TENHAS SEDE.





PRÁTICA EXERCÍCIO FÍSICO DUAS A TRÊS VEZES POR SEMANA.



OCUPA OS TEUS TEMPOS
LIVRES EM FAMÍLIA E AO
AR LIVRE.

