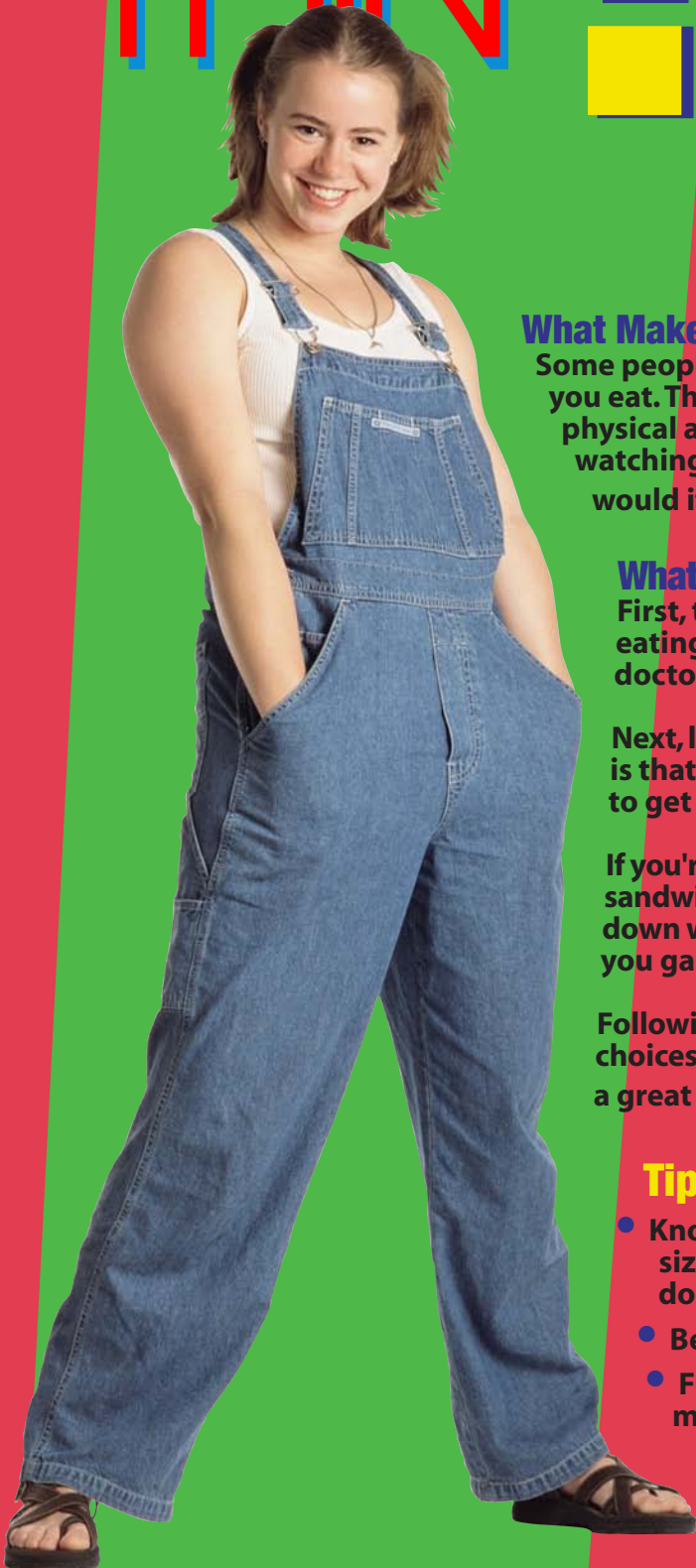


# Am I Too **FAT** OR Too **THIN**?



What is the "right" size? The "right size" is the weight that's healthiest for your body type and individual size.

If you are too thin, you may be eating less food than your body needs. Eating food is like putting fuel in a car—if it runs out of gas it stops working! You need the right fuel to grow and to do well in everything you do. People who are underweight may become sick more often than others. The body can't fight off germs if you don't eat enough.

Weighing too much makes it hard for your body to work right. People who are overweight might not be getting the right nutrition and might have health problems like not breathing right or sleeping well or a general lack of energy.

## What Makes Me Too Fat or Too Thin?

Some people think that your weight is determined only by how much you eat. That's just part of it. Your weight also is affected by how much physical activity you get. Suppose you spend most of your free time watching TV. Your body doesn't need or burn as many calories as it would if you played volleyball, skated or went for a walk instead.

## What Should I Do if I Think I'm Overweight or Underweight?

First, talk an adult you trust. They might help you change your eating and exercise habits. Or your parents might take you to a doctor or registered dietitian.

Next, look at ways that you can change your weight. The good news is that you do not have to make big changes! One of the best ways to get to a healthy weight is to make small changes over time.

If you're underweight, adding some cheese to your lunchtime turkey sandwich, munching some nuts and raisins after school and winding down with a bedtime snack like peanut butter on a banana can help you gain weight in a healthy way.

Following the Food Guide Pyramid can help you make healthy food choices. And remember, even if you are underweight, exercise is still a great way to get energy and feel good!

## Tips to Be at a Healthy Weight

- Know the right weight range for your age, body type and size. • That's where checking with an adult and seeing a doctor or registered dietitian (RD) can help!
- Be physically active every day.
- Fuel your body with the right amount of food to keep your muscles, bones and brain cells growing and working right.
- Understand your eating habits. Do you eat because you are hungry or because you are just bored, angry or sad?