



## Sacking Obesity: The Team Tiger Game Plan for Kids Who Want to Lose Weight, Feel Great, and Win on and off the Playing Field

By Greene, Tiger

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Kids are checked against the average height and weight for kids of their age. So if a kid's weight is a lot more than the average for their height, it could be that the child is obese. Another check is the BMI check, (Body Mass Index). This involves doing a sum with the numbers from weight and height to see if there is a problem. If you think you are overweight have a word with your doctor who may do the BMI check..Â Who wants to be left out of games and teams? Who wants to have a hard time finding friends? Kids who are obese often suffer all these things. It is wrong for people to be hurtful to others.Â Maybe you could plan a week's menu and then go food shopping together. Exercise. Look for ways to do more exercise. Team Tiger is led by young founder Tiger Greene,[2] who, as a twelve-year-old boy, weighed 250 pounds (twice the normal weight for a child his age).[3] Tiger was bullied for his weight and had trouble with simple everyday tasks. By making lifestyle changes and learning about healthy food and exercise, Tiger lost over 60 pounds. Tiger has become a national spokesperson for this curable epidemic.Â Sacking obesity : the Team Tiger game plan for kids who want to lose weight, feel great, and win on and off the playing field (First ed.). New York, NY: HarperOne. ISBN 0062135759. Soaring obesity rates are forcing governments around the world to confront one of the more serious threats to public health in a generation. Until the late 1980s, malnutrition was widespread among poor Chileans, especially children. Today, three-quarters of adults are overweight or obese, according to the country's health ministry.Â Obesity rates in Chile have yet to fall, and experts say it could take years to significantly modify the way people eat. But by focusing on the packaging and advertising of unhealthy foods that appeal to children, the Chilean government is hoping to reprogram the next generation of consumers.