

Increasing obesity in Australian teenage girls

The number of teenage girls becoming overweight or obese is alarmingly high and increasing more and more.

Why the girls?

Most girls become less active when reaching puberty years. Also puberty itself makes it hard for girls to keep their weight down. Beside physiological issues, overweight teenagers are likely to become overweight adults which brings them into risk of heart disease, diabetes and other obesity-related health issues.



What you can do as a parent?

There are a few things you can do to get your child healthy:

- **Talk about it the issue:** A common worry is that talking about the issue will get girls to develop an eating disorder, but statistics show it is very unlikely. It's important to be supportive, listen and understand.
- **Do it together:** It won't hurt to become a bit more active yourself. So try to find activities you both enjoy and set regular times for doing them.
- **Start slowly:** It doesn't need to be the 12 weeks challenge super weight loss program. Take a slow approach which ensures you a steady and long lasting weight loss. People who put themselves under too much pressure, often give up very early.
- **Change your life style:** Think of how you can change daily routines to create a more active life style for your child. Walk to school/shops/park, walk the dog, or go for a bike ride.
- **Healthy eating:** Don't buy unhealthy food. If it's in the house, it will get eaten. Have a good breakfast. Pack a healthy lunch: Ensure to provide a variety of vegetables, fruit, no soft-drinks, etc.... Eat regularly and smaller size meals.
- **Get professional help:** Get advice from a nutritionist and book a session with a personal trainer. For more information on group or personal training in the Brisbane CBD area, visit www.brisbanept.com.

Help your children to help them self. They will thank you for it later. See the links below for more information and useful resources.

Resources and more information:

- [Daily Telegraph report on increasing teenage obesity](#)
- [Find the right activity for you](#)
- [Obesity in children - Advice for parents](#)
- [Kid's Health site - What is obesity?](#)