

# GENERATION FIT

## Teens Taking The Lead To Reverse Obesity Epidemic

(NAPS)—You don't have to be a "jock" to get fit. Many young people looking for a sure-fire way to feel better about themselves have found a program that can help. The FCCLA *Student Body* Program focuses on helping young people take action against obesity by promoting lifelong exercise, healthy eating habits and a positive awareness of the advantages of being fit.



The lack of nutritional awareness among America's youth is causing problems such as unhealthy eating habits that result in obesity. Among children and teens, there has been a 15 percent increase in the number of young people who are overweight, or triple what the proportion was in 1980.

Teens across America are taking the lead to help reverse this trend. Members of Family, Career and Community Leaders of America are using the national FCCLA *Student Body* Program to create peer education projects to help teens and their peers learn how to "eat right," "be fit," and "make healthy choices."

FCCLA teens are part of the ultimate leadership experience. Through their efforts, young Americans are participating in projects to increase physical activity and make educated personal choices about their health and well-being.

To learn more, visit [www.fcclainc.org](http://www.fcclainc.org). FCCLA: The Ultimate Leadership Experience.