



OBESITY

Vilnius Tuskulenai Gymnasium

The background is a light blue gradient. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

IMPORTANT FACTS ABOUT BEING OVERWEIGHT

- Overweight and obesity is the fifth leading risk for global deaths.
- Worldwide obesity has nearly doubled since 1980s.
- For being overweight, children in schools are being bullied.

The background is a blue gradient with decorative circuit-like lines in the corners. The text is centered and reads:

**MAIN REASONS
WHY PEOPLE
ARE BEING
OVERWEIGHT**

- Ready to use meals

- The lack of time

- Junk food



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WHAT YOU SHOULD DO TO PREVENT BEING OVERWEIGHT

- Try to eat less, don't eat after 6 pm

- Spend at least 5 minutes for exercising

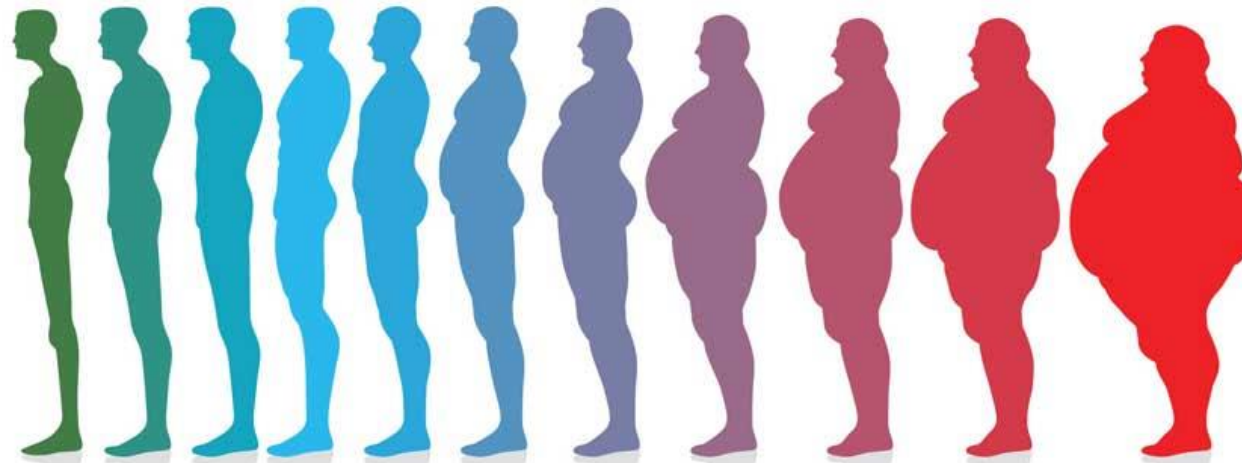


- **Get enough sleep**

- **Be encouraged and determined.**



OBESITY IS NOW A GLOBAL EPIDEMIC!



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The background is a blue gradient with decorative circuit-like lines in the corners. The lines are light blue and form various geometric shapes, including circles and straight lines, resembling a network or data flow diagram.

THANK YOU FOR YOUR ATTENTION