



It's Time to Take Charge!

Rampant in both the United States and worldwide, excess body weight and obesity pose serious problems. The expansive presence of these conditions has increased significantly over the past decade with few indications of slowing in the near future. The Centers for Disease Control and Prevention (CDC) has found that among adults in the U.S. in 1999-2000, 64.5 % were either overweight or obese. In the active duty AF population, 54 % would be considered overweight or obese using these guidelines.

Clearly, prevention remains the best proactive approach when addressing the issues of overweight and obesity. The goal: To proactively avoid weight gain now rather than attempting to lose excessive pounds at some point in the future. Based on this theory, the Air Force has developed the **Shape your Future...Your Weigh!TM** initiative. The purpose is to increase the awareness of "weight creep," that slow steady weight gain of 1.5 to 2 pounds/year common in the military and nation; and provide, strategies to prevent weight gain.

Addressing the problem of weight gain requires a combined effort and examination of contributing factors on a variety of levels. Maintaining a fit and healthy force, ready to face the current and future demands of the AF, is not the responsibility of a select group of members but is every member's responsibility. It starts with you! Contact your local base **Health and Wellness Center (HAWC)** or **Dietitian** for more information. It's time to take charge.

Shape Your Future... Your Weigh!TM