



Are You Ready to Take Charge and Fight the Epidemic?

Do you know that 33.5% of Americans adults are overweight and 31% are obese? Combined, that's 64.5% who have excess weight! An estimated 75 billion in medical dollars is spent on obesity-related conditions annually. We are witnessing an epidemic!

How we can fight the epidemic?

Clearly, prevention remains the best proactive approach when addressing the issues of overweight and obesity. The goal is 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 a campaign called **Shape your Future...Your Weigh!TM**. The purpose of the campaign is to increase awareness of a slow and steady "weight creep" of 1.5 to 2 pounds/year experienced by many and to provide practical strategies to prevent weight gain.

Wellness plays an integral part in our readiness mission. Addressing the problem of weight gain requires an **urgent, combined effort** and examination of contributing factors on a variety of levels. However, maintaining a fit and healthy force, ready to face the current/future demands of the Air Force 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