



# Effects of Overeating

Overeating can affect your weight, your organs and your sleep over the short and long term.

Choose the possible effects of overeating.

-weight loss

-diabetes

-heart disease

- being fit

-glowing skin

- cancer

-weight gain

- healthier organs

-smaller stomach

- stroke

Choose the things that we can do to stay at a healthy weight.

-be active, exercise, or play sports every day

- drink lots of fruit-flavoured soda

- eat a healthy diet every day

-spend more time with TVs and computers