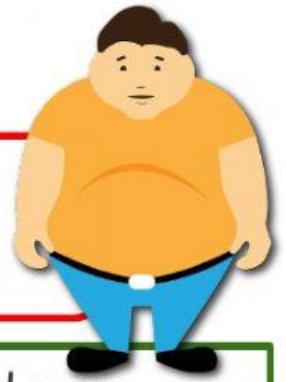




Effects of Overeating



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

Choose the possible effects of overeating.

- | | | | |
|------------------|--------------------------|--------------------|--------------------------|
| -weight loss | <input type="checkbox"/> | -diabetes | <input type="checkbox"/> |
| -heart disease | <input type="checkbox"/> | - being fit | <input type="checkbox"/> |
| -glowing skin | <input type="checkbox"/> | - cancer | <input type="checkbox"/> |
| -weight gain | <input type="checkbox"/> | - healthier organs | <input type="checkbox"/> |
| -smaller stomach | <input type="checkbox"/> | - stroke | <input type="checkbox"/> |

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

- | | |
|--|--------------------------|
| -be active, exercise, or play sports every day | <input type="checkbox"/> |
| - drink lots of fruit-flavoured soda | <input type="checkbox"/> |
| - eat a healthy diet every day | <input type="checkbox"/> |
| -spend more time with TVs and computers | <input type="checkbox"/> |