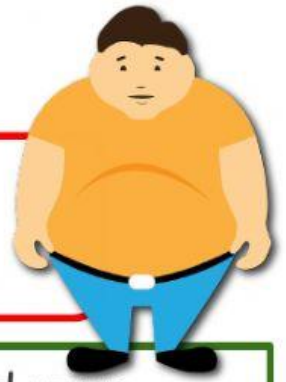




# Effects of Overeating



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"/> |