

NOBESITY - MONTHLY POA - SEPT 2016

POST 1

Post Image content:

Don't let the potato chips and fries on the couch, turn you into a couch potato!

Caption:

Stay fit. Eat Balanced and healthy diet.

#BewareOfObesity

POST 2

Image content:

Allergic medicines could also get you bulky!

Caption:

For someone who takes medicine for controlling allergies, weight gain may be as common a complaint as itchy eyes or a runny nose.

Consult your doctor before you take anti-allergy medicines.

#BewareOfObesity

POST 3

Image content:

Food Habits maketh the Man!

Caption:

Your health shall only be as good as your food habits are. Eat healthy, at fixed intervals and avoid eating outside or junk food.

#BewareOfObesity

POST 4

Image content:

Eating out too often, can cost you, a lifetime of obesity!

Caption:

People who eat out too often tend to gain more unhealthy pounds because they end up eating less-healthy foods.

#BewareOfObesity

POST 5

Image content:

Save the worst for the last!

Post content:

People often eat bread and other grains first. Try reversing it. Save bread and rice for the last. This way, you'll consume them in lesser amounts and ultimately the control carbohydrate amount.

#BewareOfObesity

POST 6

Image content:

Slow and steady wins the Fitness!

Post content:

Don't do galloping food consumption. Cherish your food and chew properly. Eating at a slow pace, helps in making you feel more fulfilled for longer.

#BewareOfObesity

POST 7

Image content:

State of Obesity in Indian States!

States	Males (%)	Males rank	Females (%)	Females rank
Punjab	30.3	1	37.5	1
Kerala	24.3	2	34	2
Goa	20.8	3	27	3
Tamil Nadu	19.8	4	24.4	4
J&K	8.7	18	11.1	5

Post Content:

Here's India's Top 5 States in Obesity of Women!

Don't follow the mass.

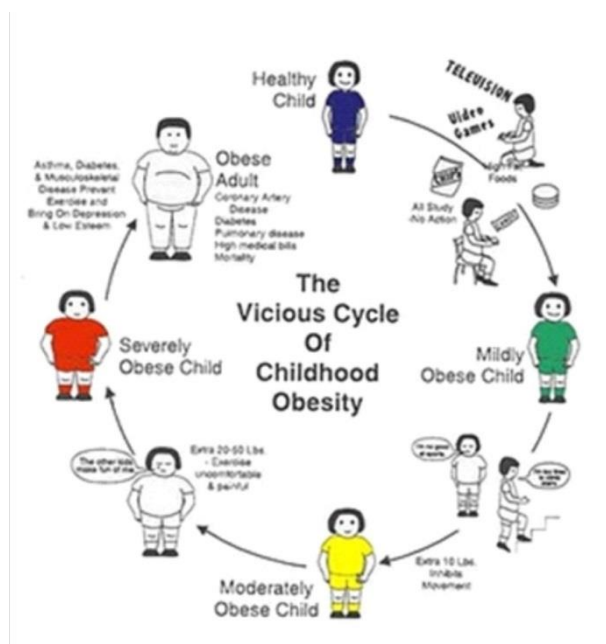
#BewareOfObesity

Reference: <http://timesofindia.indiatimes.com/city/indore/Over-60-cops-above-50-obese-hypertensive/articleshow/53071895.cms>

POST 9

Image content:

Rampant cycle of Children Obesity!



Caption: Did you know September is the National Childhood Obesity Awareness Month?

#BewareOfObesity

POST 10

Image content:

Childhood obesity, a cancerous infection!

Post description:

Studies show that childhood obesity often rolls on to adulthood.

#BewareOfObesity

POST 11

Image:



Post Description:

Seek, Focus and Attack!

Strike Obesity right at its heart.

#SayNoToObesity #Motivation

POST 12 (YOUTUBE VIDEO)

POST 13 (YOUTUBE VIDEO)

POST 14 (YOUTUBE VIDEO)

Special Days:

POST 15 (GOOGLE'S BIRTHDAY)

Image content:

Happy Birthday Google...

Congratulations on the Fit & Healthy Growth!

Post description:

Try googling at least 5 things you never googled. What better gift to one of world's most successful companies?

POST: 16 (WORLD HEART DAY)

Image content:

Heart is healthy as long as you are!

Post description:

Don't let your heart suffer the blows of obese living! On this World Heart Day take a challenge to help your little bit in making an obesity-free world.

#WorldHeartDay #BewareOfObesity

POST 17: (21ST SEPT)

Image content:

Can Alzheimer's be a form of Diabetes?

Post Description:

Alzheimer's disease has often been referred to, as Type 3 diabetes because of its strong links to obesity; which uplifts brain proteins that are connected to the development of the disease.

#BewareOfObesity