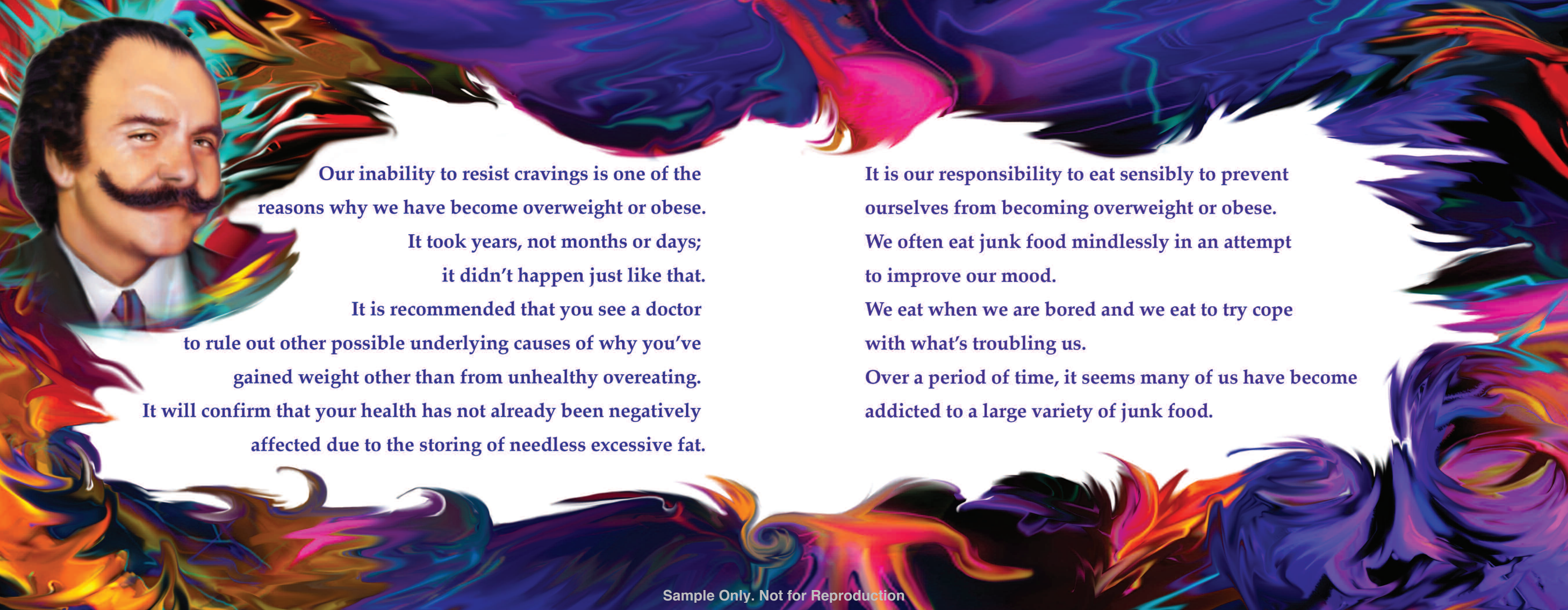


Dr. K's Obesity Center

WHY ARE WE FAT?



The setting takes place at Dr. K's Obesity Learning Center where a roundtable discussion between a combination of nine obese adolescents and teens begins. Dr. K. is the moderator.



Our inability to resist cravings is one of the reasons why we have become overweight or obese.

It took years, not months or days;  
it didn't happen just like that.

It is recommended that you see a doctor to rule out other possible underlying causes of why you've gained weight other than from unhealthy overeating. It will confirm that your health has not already been negatively affected due to the storing of needless excessive fat.

It is our responsibility to eat sensibly to prevent ourselves from becoming overweight or obese.

We often eat junk food mindlessly in an attempt to improve our mood.

We eat when we are bored and we eat to try cope with what's troubling us.

Over a period of time, it seems many of us have become addicted to a large variety of junk food.



Exercise strengthens our bodies  
and reduces our stress.

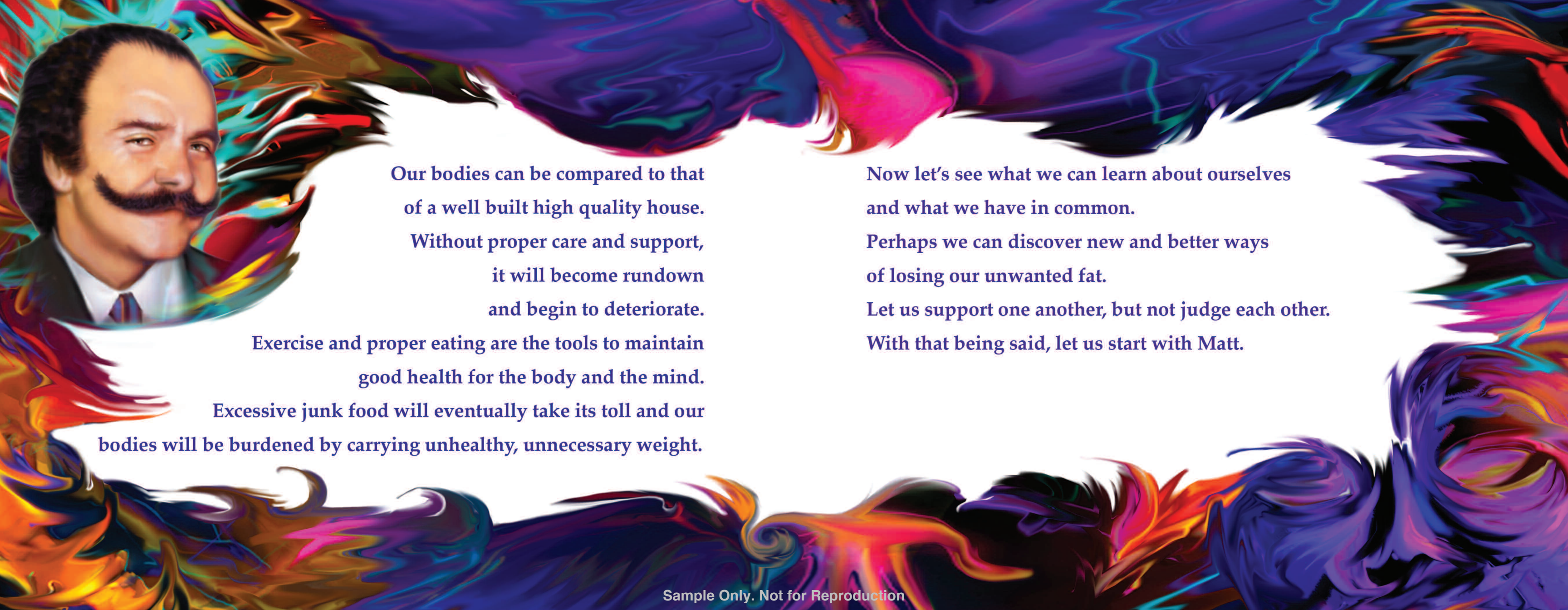
While exercising, our bodies release  
chemicals that naturally improve our mood.

Physical activity is good for us,  
the more we exercise the greater the gain.

The natural high we get from exercising  
can replace the rush we get from junk food.

Food suppliers often list unfamiliar names on their  
ingredient facts labels in place of familiar ones to deceive us.  
Learning and understanding how to read nutrition facts  
labels could prove to be very wise.

We need to know that a name like, “Partially hydrogenated  
vegetable oil” is another way of saying Trans Fat in disguise.  
Mastering the truth about what is listed on nutrition facts  
labels could be a huge help in learning how to reduce our size.



Our bodies can be compared to that  
of a well built high quality house.

Without proper care and support,  
it will become rundown  
and begin to deteriorate.

Exercise and proper eating are the tools to maintain  
good health for the body and the mind.

Excessive junk food will eventually take its toll and our  
bodies will be burdened by carrying unhealthy, unnecessary weight.

Now let's see what we can learn about ourselves  
and what we have in common.

Perhaps we can discover new and better ways  
of losing our unwanted fat.

Let us support one another, but not judge each other.

With that being said, let us start with Matt.