

Obese Mothers make Obese kids!

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**By Jasdeep**

A study published in American Journal of Clinical Nutrition claims that the doctors start giving

attention to the children of overweight parents very early– by the age of 4 at the latest. "We found dramatic increase in body fat between ages three and six", said Dr Robert Berkowitz, who led the study. He was also quoted saying " We should be doing prevention and treatment programs at a much earlier age. Everyone knows how difficult it is to take weight off once you are overweight." As per the US researchers, children of overweight mothers are 15 times more likely to be obese by the age of 6 than the children of lean mothers.

His team is now working on the eating and exercise habits of the families they studied but said genes undoubtedly play an important role as per other studies which cant be ignored and the biggest evidence is the dramatic spike in weight between ages 3 and 6." this suggests that some genes controlling body weight may become active during this period", added Berkowitz. According to his study, one-third of the children of over-weight women gained weight quickly after turning 3. Of the 37 children of healthy weight women, only one became overweight. Now, all those overweight women, you have one great reason to lose weight and be healthy!

Berkowitz said certain children must carry a combination of genes that make them much more vulnerable to what he calls the 'toxic' western environment, where it is difficult to exercise and food abounds. He doesn't blame diet to be the only factor for obesity. "It doesn't appear to be the factor entirely because we know there are plenty of lean people who eat hamburgers.", he said. " The lean group stays lean but this high risk group really takes off."

Results and studies at US Centre for Disease Control and Prevention says 15% of U.S. children are overweight and more than 60% of adults are overweight or obese. Now that's a tummy full statistics for you! Reuters

Know more about childhood obesity and learn smart eating at

<http://www.weightloss-health.com/Articles2.htm>

Jasdeep : for

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## **Does My Pit Bull Look Fat To You?: Dog Health Information**

**By Tim Amherst**

Let's face it, we love our pets. Sometimes that love can lead pet owners to pamper their pets just a little too much when it comes to food and treats. This over indulgence has the same effects on our pets as it does on us when we over eat or snack a little too often, we get fat. If you add in not getting enough exercise, then it is a problem compounded.

Yes, pets too can suffer from being obese. Statistics show that one in four pets weigh in the overweight or obese category. It is a problem which carries a lot of health risks to our four legged loved ones, and it is a problem that we as owners must handle. As a Pit Bull owner, I know first hand how good it makes your pet feel to get those special treats, and how hard it is to not give them when it results in getting the loving look that only your Pit Bull can give. I also know as a Pit Bull owner that this particular breed needs a lot of regular exercise. Pit Bulls are very athletic and energetic by their very nature, and if they do not get enough exercise they are not happy. The dog also runs the risk of being overweight, which puts him at risk.

I realize that some Pit Bull owners would ask, "What's the worst that a little weight could do?" Well the answer is that a little weight would do no harm, but if left unchecked the weight gain could quickly put your Pit Bull into the obese category. Some of the common ailments brought on by canine obesity are heart problems, arthritis and even diabetes. An overweight pet is also more susceptible to a hip condition known as dysplasia, as well as problems with the back and joints.

By now you're probably glancing over to your Pit Bull trying to quickly gauge if your pet is within acceptable weight limits. Glancing isn't going to give you an accurate answer, but if you'd like to do a quick home pet obesity test, then here's how to do it.

First, get your Pit Bull to stand in front of you, and look at him from above. Your Pit Bull should have

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the shape more of an hour glass than say, an ocean liner. A dog with rounded out sides is certainly getting into the obese range. You should also be able to feel your dog's ribs easily. Don't press hard on your beloved pet; we don't want to hurt him.

Keep regular vet appointments for your Pit Bull, as your veterinarian will also be checking your pet's weight. Your veterinarian can also advise you on how you can get your pet back into optimum shape should he weigh in a bit too much.

To learn all about owning, raising, and caring for American Pit Bull Terriers, visit

<http://www.PitBullsRevealed.com/>

today!



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