



مدرسة هابيتات الخاصة
HABITAT SCHOOL

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HEALTH AWARENESS -OBESITY PREVENTION

Dear Parent,

Greetings.

The Representative Office of the Ministry of Health and Prevention – Ajman has shared **Health awareness material on “Obesity.”** This initiative aims to promote healthy lifestyles among students and families and to raise awareness about the importance of maintaining a balanced and active life.

Obesity in children can affect their overall health, energy levels, and well-being. As parents, your role is essential in guiding children toward healthy habits. We kindly encourage you to support your child by:

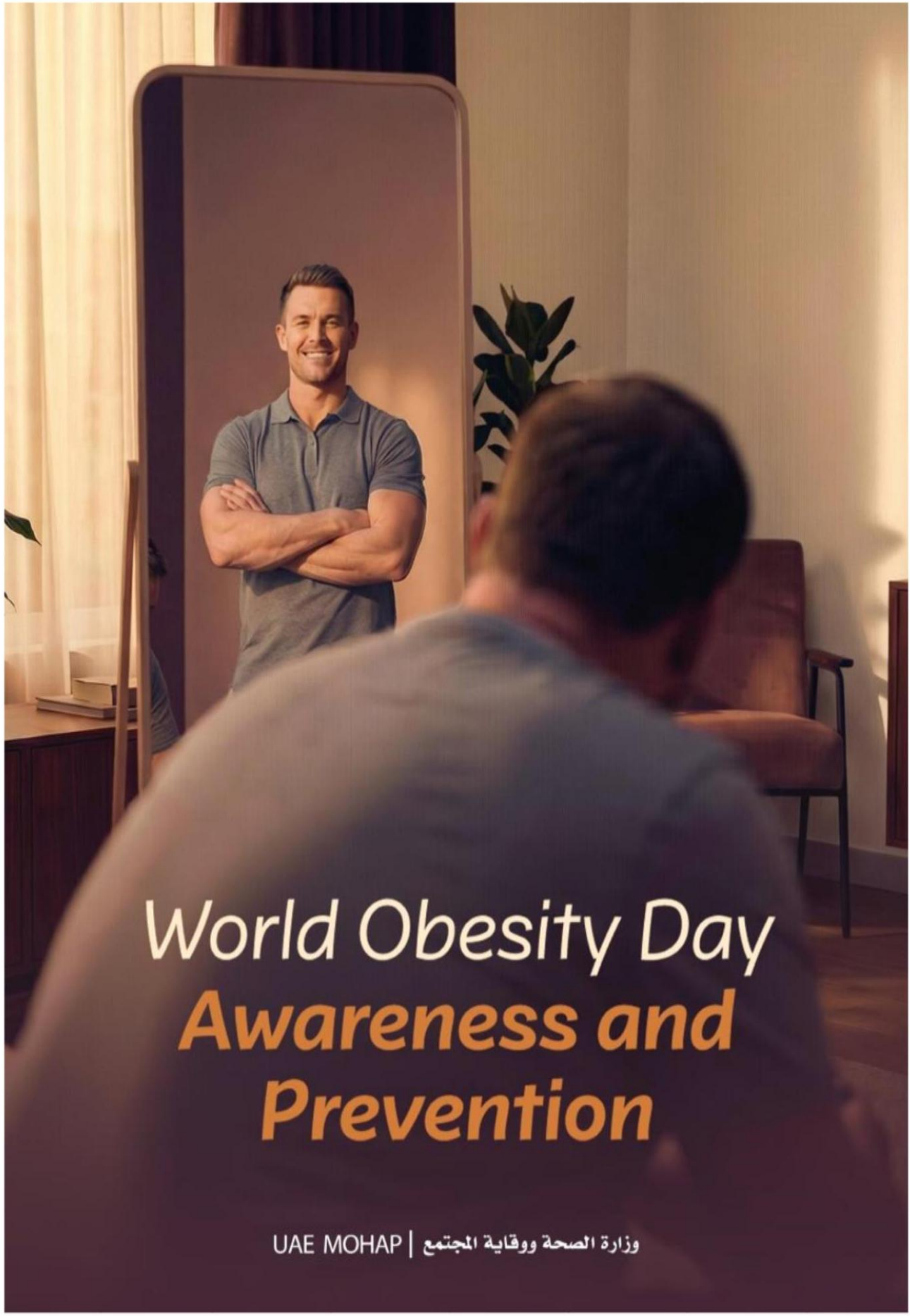
- Promoting a balanced diet rich in fruits, vegetables, and whole foods.
- Limiting the intake of sugary drinks, fast food, and processed snacks.
- Encouraging daily physical activity such as walking, playing, or sports.
- Reducing screen time and promoting active hobbies.
- Ensuring adequate sleep and a consistent daily routine.

Your support is vital in creating a healthier future for our students. Together, we can build awareness and encourage positive habits that will benefit their long-term well-being.

Thank you for your continued cooperation.

Regards,

Principal
Ms. Mariyam Nizar Ahamed



World Obesity Day
**Awareness and
Prevention**

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What is **obesity**?

It is a chronic disease caused by accumulation of body fat, which poses a risk to health



Obesity *has multiple causes*

including genetics, mental health,
environment, diet, and physical inactivity

Obesity

*increases the risk
of developing*

diabetes, cardiovascular diseases
and certain types of cancer



Obesity

*is managed through
a comprehensive plan*

that considers medical, nutritional,
and psychological aspects

Myth or *Fact?*

Obesity is a lack of willpower

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**Obesity is a medically
recognized chronic disease**
with multiple causes and
requires a treatment plan
Take the first step today

**The journey to recovery begins
with consulting specialists**



*With awareness and
sound health concepts
**we can reduce the
spread of obesity
in our community***