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Weekly Reflection 3

 In the article, Childhood “ *Obesity risks death*” explains that children today suffer higher risks to health complications today. The main focus on this article states the fact that one in three children is considered over weight (Rabbin: NYT article). Rabbin says, Diabetes, high blood pressure, and cholesterol are the leading causes of health complications of overweight children growing into adults. The purpose to this article is to explain to the people how serious child obesity can affect a life. Rabbin also talks about Michelle Obama’s plan to end childhood obesity: to do so she now regulates the school lunch menu to all healthy choice foods. For example, no more regular white bread, now it is wheat, or the tortillas are now whole grain. Although Michelle is trying her best to cut down on the unhealthy foods in school, Rabbin is trying to educate the parents and young children what risks lay ahead of their unhealthy eating habits.

 Next, the reason I choose this article was to know how other people are looking at this issue. This article educated me, and showed what the death rate was and if people and kids keep choosing this path it can cause many complications. This article relates to me because I am over weight myself and what categories I potentially can fall into. This showed me what I can eventually happen if I stay on this path of such unhealthy eating habits. Although I am slowly making myself healthy, it is still scary to think what complications can still affect my health, and potentially later in life my children’s future.