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Headline: Warning: Teen Obesity is Hazardous to Your Child's Health and Future Career

According to the Centers for Disease and Control and Prevention, "childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years." Parents need to pay attention to this statistic. Why? Because children are in danger of living short lives and have the potential to become invalids.

It's a fact that schools across the United States of America are cutting budgets, which leads to teacher layoffs. This in turn leads to the dropping of physical education classes. It's no wonder teens can't concentrate in class. They haven't burned off their bottled-up energy.

Parents, you and your children have hope and help available to you. One person trying to make a difference is Samir Becic a fitness expert, personal trainer and founder of Health Fitness Revolution. He says, "Parents buy the food. They should change their eating habits and get healthy." He's right. Children watch every move their parents make and listen to everything they say. If your children see you eating healthy and working out, they'll want to do the same.

Believe it or not, everyone can do their part to eliminate teen obesity and they're listed below. Samir believes if everyone works together teens can live healthy and fit lives. They can break unhealthy patterns now.

Who Can Help to Eliminate Teen Obesity?

Corporations

One day teens will have to work. Some may be self-employed, while others will be employed by corporations. If kids learn healthy habits now, this will benefit companies in the long run. How? By reducing employee sick days and improving the work environment. Happy and healthy employees thrive. When they're disciplined, they can produce more work with better results.

Schools

Teachers spend at least 30 hours (if not more) a week with teens. To set a good example for them, teachers, coaches and school administrators need to be healthy. Why should teens care about their health if the people in charge don't care about theirs? Schools can improve the health of teens by providing nutritious lunches. Thanks to blogs, some kids and parents have documented school lunches. The pictures are enough to make you gag. Vending machines are filled with sugary and salt foods such as pop, candy and chips. It's time to serve well-balanced lunches and provide healthy snacks such as fruits and veggies. Plus, teens should drink water.

Media

The media has a strong influence on people and can use their outlets for good. For example, they can showcase leaders, such as former President Bill Clinton, who underwent bypass surgery in 2004. He's since cleaned up his diet and regularly speaks about the importance of diet and exercise. More leaders need to speak about healthy habits. If they do, teens, the future of America, will follow in their footsteps and want to make better decisions when it comes to their health.

Parents

Parents, if you want your teens to be fit and healthy, and more importantly, have a life that isn't riddled with diseases such as heart attacks and strokes; it's time to change you and your family's diet. For example, Samir recommends drinking 2-3 glasses of water when you wake up. Why? Because when you sleep, your body becomes dehydrated. Not only will drinking water help you to wake up, but it will re-hydrate your body. Samir also says, "Teens can eat snacks such as fruits, veggies and health lean meats (good for adults, too). They should eat a healthy breakfast: fresh eggs and squeezed orange juice, lean cheese, Greek yogurt, nuts, 100 percent whole grain toast (1 slice) and natural lean meats. Dinner should be light." No more junk or processed foods!

Getting enough sleep is important for a healthy lifestyle. Make sure teens get a minimum of eight hours of sleep each night. Implement a cut-off time for electronics, at least 3-4 hours before bed time.

Want to spend more time together? No problem. The whole family can do cardio and strength training exercises. Teens can use light weights since their bodies are still developing. But moms and dads can kick it up a notch with heavier weights. As always, check with your doctor before embarking on a family exercise plan.

Say NO to Teen Obesity

Eliminating teen obesity in America is closer to possible than you think.

Parents encourage your kids to join group sports. Not only will your teens become and stay healthy and fit, but they'll learn valuable communication and team building skills. According to Samir, "The thought process improves, which means teens can improve in school, i.e., they can raise their grades."

If you want your children to live in a healthy and fit country, it's time for you and your teens to become healthy and fit, emotionally, mentally, physically and spiritually. Be the change you want to see in the world.