

Obesity **Action** **ALERT**

An E-newsletter Proudly Brought to You by the 

October 2012



- [Some Anti-obesity Campaigns May Backfire, Researchers Say](#)
- [New Program Helps Overweight Kids Lose Weight](#)
- [Rural Americans More Likely to be Affected by Obesity than City Dwellers](#)
- [Bariatric Surgery is a Safer and More Popular Method than You Might Think](#)
- [Study Links Chemical BPA to Obesity in Children, Teens](#)



OAC Inaugural National Convention: Less than One Month away!

The countdown has begun! The OAC's Inaugural *Your Weight Matters* National Convention takes place October 25-28 in Dallas! The OAC has been working hard to make our Inaugural Convention an event unlike any other you have ever attended, so

we hope to see each and every one of you in Dallas at the end of the month!

OAC Now Offering up to 14 CE Credits at National Convention

The OAC is proud to announce that we will offer up to 14 CE credits for nurses and health professionals who attend the Convention's educational sessions! There are a variety of registration options available for individuals seeking CE credits, starting at just \$60/day! For more information on receiving CE credits at our Inaugural Convention, please [click here.>>>](#)

Convention Registration

Convention registration will remain open until October 12 and starts as low as \$35/day! Registration will be available on-site as well, however the price will increase on-site. For information on Convention registration, please [click here.>>>](#)



Convention-411 Event Guide Available Online

The OAC created the Convention-411 Event Guide to offer a one-stop place for Convention attendees to get all their questions answered! From parking information to dress code for the social events, the Convention-411 Event Guide has it all. To view the guide now, please [click here.>>>](#)

Official Convention Group Exercise Program Announced

In early September, we released the official Convention Group Exercise Program. Exercise is an important part of maintaining a healthy weight, so we are thrilled to be able to offer Convention attendees the opportunity to participate in group exercise classes! Convention attendees will have the opportunity to participate in a number of group exercise classes, including yoga, Zumba, indoor cycling and several more. The group classes will take place on Friday and Saturday of the Convention and are complimentary for all registered Convention attendees. You can view the official Convention Group Exercise Program now by [clicking here.>>>](#)

For all the details and information on our Inaugural *Your Weight Matters* National Convention, please visit www.YWMConvention.com!



- Almost 25 percent of individuals who are affected by severe obesity (body mass index greater than 35) will carry a diagnosis of type 2 diabetes.
 - To lose a pound of weight, you have to create a caloric deficit of 3,500 calories each week by consuming fewer calories and burning more.
 - Interval training (when you start out at a slow speed for one to two minutes, then go faster for one to two minutes) is an excellent way to keep your metabolism up long after you finish your exercise.
 - The American Heart Association recommends that only 20 percent of your daily calorie intake go toward trans fats. This equates to about two grams of trans fats per day.
 - [The Archives of Internal Medicine](#) reported that more than 75 percent of Americans have insufficient levels of vitamin D.
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Connect with the OAC



Thank You!

Thank you for subscribing to the *Obesity Action Alert*, the OAC's FREE monthly e-newsletter. To learn more about the OAC or to join the Coalition as a member, please visit www.obesityaction.org.

Thank you,