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News from the OAC Health News Helpful Tips Obesity News Facts about Obesity

Obesity Action ALERT

An E-newsletter Proudly Brought to You by the OAC

Complete Details Coming Soon!

SAVE THE DATE

YWM 2013 August 15-18, 2013
Phoenix, AZ

OAC 2nd Annual Your Weight Matters National Convention

February 2013

Obesity in the News

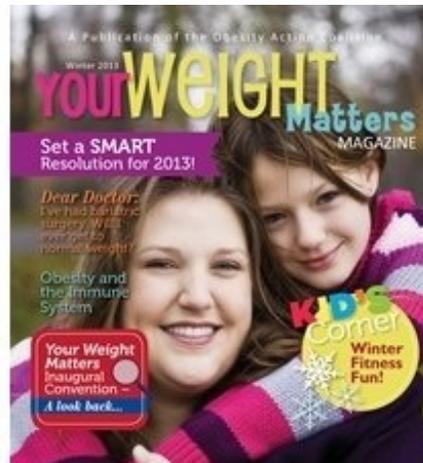
- [**Your Weight Matters Convention Set for Aug. 15-18 in Phoenix**](#)
- [**Coca-Cola Weighs in on Obesity Fight**](#)
- [**FDA: Better Food Labeling Could Stem Obesity**](#)
- [**More Time at Family Dinners Might Curb Obesity in Kids**](#)
- [**People First: Remove the Word "Obese" from Your Dictionary**](#)

Feature Story

Winter Issue of *Your Weight Matters Magazine* Now Online!

The Winter issue of *Your Weight Matters Magazine* is now available online. This issue features a seven-page look back at the 2012 *Your Weight Matters* Inaugural Convention complete with pictures, Convention facts, an attendee Q&A and much more.

This issue also provides readers with an exciting look at Zumba as an exercise routine. According to the article, "Zumba aids in muscle tone by targeting just about every muscle in your body, and it helps with balance and coordination. You will have



News from
the **OAC**

Ted Kyle, RPh, MBA, Named Vice- chairman of the OAC

The OAC is proud to announce Ted Kyle, RPh, MBA, as Vice-chairman of the OAC. As a longtime OAC member and frequent *Your Weight Matters Magazine* author, Ted has consistently provided the OAC with dedication, knowledge and obesity-focused expertise.

Ted was also the recipient of the 2012 OAC "Member of the Year" award presented at the Inaugural *Your Weight Matters* Convention. "Ted has been an essential part of the OAC. He has assisted us on Capitol Hill by bringing both a personal and professional viewpoint of obesity when advocating to legislators. We are very excited to have him serve as Vice-chairman," said Joe Nadglowski, OAC President and CEO.

To read more about Ted becoming Vice-chairman and see a special video from Ted himself, please [click here.>>>](#)

**Stop Sharing and
Start Caring -**
Social media has

high-calorie burn (as much as 400-600 calories or more burned in one hour)."



The Winter issue also features articles on:

- Obesity and the Immune System
- Dear Doctor – I've had bariatric surgery. Will I ever get to normal weight?
- Kid's Corner – Winter Fitness Fun
- Obesity and Heartburn: What is the link?
- Greek Yogurt – What's the craze all about?
- and much more!

Interested in receiving *Your Weight Matters Magazine* in your mailbox? *Your Weight Matters Magazine* is an exclusive OAC member benefit. For more information on OAC membership, [click here](#). To view the Winter issue online, [click here.>>>](#)



- Heartburn, also called GERD (gastroesophageal reflux disease), occurs when stomach acid flows back into the esophagus, which is the food pipe that connects the throat and stomach.
- Moderate exercise has been reported to increase certain immune cells, reducing the risk of infection.
- A SMART (Specific, Measurable, Achievable, Realistic and Time-sensitive) resolution is not a basic statement or wish; it is a clearly drawn pathway to success. It is a way to state not just what you want to accomplish but what you will do to accomplish it.
- An eight-ounce serving of Greek yogurt contains about 20 grams of protein, almost twice that of regular yogurt.
- Look for open gym times at basketball courts or gymnastic locations. Fitness locations step it up in the winter. This can be a great time to try new things and get moving. When you do an open gym time, you can

become a mainstream form of communicating and sharing; however, could this new form of communicating further perpetuate weight bias? James Zervios, OAC's Director of Communications, tackles this topic on the OAC Blog in a blog post, titled "Stop Sharing and Start Caring."

The blog post also addresses the prevalence of weight bias in commenting on online news stories. James provides some tips on how you can combat weight bias and take a stance against it.

To read the blog post, [click here.>>>](#)

Tell a Friend to Subscribe to the Obesity Action Alert

- Did you know the *Obesity Action Alert* is completely FREE? The *Obesity Action Alert* is sent out on the first day of each month and features the latest news from the OAC, information on obesity and much more.

Why not tell a friend to subscribe too! Subscribing to the e-newsletter is very simple. Just forward this e-newsletter to your friends, colleagues, family members and others and tell them to click the "Subscribe" link located at the bottom of the e-newsletter. Or tell

practice without committing to a full class or season. It's a great place to start.

the e-newsletter. Or tell them to [click here](#) and sign-up today!

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,
Obesity Action Coalition

Obesity Action Coalition (OAC) • 4511 N Himes Ave, Suite 250 • Tampa, FL 33614

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