

## Seminar Fun...

Activity = Healthy

Activity = Fun

Activity = Competition

Activity = Weight Loss

Learn how to help  
your children  
become more active  
with their friends  
and help them  
to choose better foods  
and to be healthier.

Register TODAY:  
[cathy.hennes@gmail.com](mailto:cathy.hennes@gmail.com)



Designed and Presented by Cathy Hennes

©2013



Let's  
Motivate  
Ourselves  
**AND**  
Our Children  
To Be  
**Healthier**  
And  
**Happier!!!**



Using

**Music**



To

**Motivate**

**Movement**



## Let's Meet the Host...

## Just the Facts...

## How do we fix this?



Cathy Hennes  
365.8 lbs  
October, 2012

Did you know that?

**33%** of boys &  
**30%** of girls 2-19  
are **Overweight** or **Obese**

How do we get kids  
(and adults) to  
become more



active?

Use **MUSIC**

Use **Activity**

Use **Competition**

Excess Costs Related to  
Adolescent Overweight  
and Obesity is...

**\$254 BILLION**

(\$208B in lost productivity  
\$46B in direct medical  
costs)

Get off your

**BUTT**

And

**MOVE!!**



By 2030, Costs could

**EXCEED \$861-\$957B**

16-18% of US Health  
Expenses

\* According to the American Heart Association

Cathy Hennes  
250 lbs  
October, 2013

And **STILL**  
Losing!

