

## **Fit 4 Ever: Mindless Eating**

Believe it or not, 75 percent of Americans will be overweight by the year 2015. Seventy-five percent! And more than 40 percent will be considered obese. Further estimations reveal that 24 percent of American children and adolescents will be overweight or obese—an alarming trend with far-reaching health implications.

While there are many reasons for this growing public health crisis, it seems that pointless eating is one of the main culprits.



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