

# MILLERCOMM88

## Toward a New Way of Living: a four part series Nutrition, Physical Activity, and Your Health

2 Is Obesity a Disease of Inactivity?

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Tuesday 8:00 pm 1988

112 Gregory Hall  
810 South Wright Street, Urbana  
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Some people have considered obesity to be the leading form of malnutrition because of its link with diseases such as heart disease, stroke and high blood pressure. Many obese individuals are inactive and this inactivity seems to perpetuate their obesity. Once weight is removed, one of the only means to successfully keep weight off is by increasing physical activity.



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