



## Eliminate childhood obesity? One African-American teen is trying

Posted by Susan Zimny

 [digg it](#) |  [reddit](#) |  [delicious](#) |  [StumbleUpon](#) |  [Facebook](#) |  [Twitter](#)

Tags: childhood obesity, overweight kids, overweight children, eating healthier, kids with weight issues

*“It’s really hard for kids.  
They don’t realize that  
they have to make  
choices.”*

*Akeila, 16*



[Watch Video](#)

[Embed](#)

Even though she’s only a teenager, Akeila understands how childhood obesity starts. Sugary, unhealthy snacks are cheap and easy to get; watching TV or playing video games seems easier than getting out and exercising. But this African-American teen also understands kids have the power to make healthy choices. She does every day, and she’s lost 30 pounds as a result.

*“I see where my generation is  
going. I’m trying to help change  
that and show kids they can do  
whatever they believe they can!”*

*Aaron, 15*



[Watch Video](#)

[Embed](#)

Akeila used to snack on junk food and eat fast food too often. Then she made the connection between her food choices, her weight and how she felt. She is one of five children who share their stories and advice for kids and parents at [BeSmartBeWell.com](http://BeSmartBeWell.com).

###

BeSmartBeWell.com highlights important health topics like childhood obesity with real-people videos, practical advice from leading experts and resources that inform and empower consumers. Sponsored by Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma and Blue Cross and Blue Shield of Texas, Divisions of Health Care Service Corporation, a Mutual Legal Reserve Company, an independent licensee of the Blue Cross and Blue Shield Association. [See all topics at BeSmartBeWell.com](http://www.BeSmartBeWell.com).

**MEDIA CONTACT:** [Ross.Blackstone@HCSC.com](mailto:Ross.Blackstone@HCSC.com)  
**ALL OTHER INQUIRIES:** [susan@besmartbewell.com](mailto:susan@besmartbewell.com)

[www.besmartbewell.com](http://www.besmartbewell.com) [www.facebook.com/besmartbewell](http://www.facebook.com/besmartbewell)  
[www.youtube.com/besmartbewell](http://www.youtube.com/besmartbewell) [www.twitter.com/BSBW](http://www.twitter.com/BSBW)