



Sidelined by weight, teen battles obesity with sports and exercise

Posted by Susan Zimny

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*“When I was upset, I ate.
When I was angry, I ate.
When I was happy, I ate.”*

Aaron, 15



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Like many kids, Aaron loved video games, and he'd often play for hours on end. But when Aaron tried some of the same sports he'd mastered as video games, he had a problem: too much screen time had made him an overweight kid and he couldn't keep up.

Sidelined by his weight—and tired of how that made him feel—Aaron decided he needed to eat less and exercise more. He stuck with sports and started paying more attention to his diet. Along the way, he gained confidence and self-esteem.

*“I've seen my body change,
my muscles grow bigger,
my fat disappear. I like it!
I like the change in me.”*

Aaron, 15



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More than 25 million American children are obese or at risk for obesity. Overweight kids face serious health risks, including diabetes and heart disease. But Aaron and others are working to turn that tide. He's one of five children who offer their story and advice to kids and parents at BeSmartBeWell.com.

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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://See%20all%20topics%20at%20BeSmartBeWell.com).

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