

Diary of a ~~fat~~^{fit} Kid

The story of a blubbery boy
who became flab-free & fighting fit.

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Diary of a ~~fat~~ ^{fit} kid

Sunday June 27

Today I lost one of my best friends ... my skateboard. It had been looking a bit shaky for a while but today it took its final ollie and rode the big ramp up to skateboard heaven. Wanna know how it broke? I stood on it.

You heard me right - I stood on it. And it cracked in half. Just like that.

"How could this be?" I hear you ask.
"You can't break a skateboard just by standing on it."



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I took it inside to have a closer look and Jess looked up from her magazine and said "Ha, I was wondering when you were gonna break it."

I asked her what she meant and she goes:

"You are waaaaay too heavy
for that old thing."

I tried to think of a good comeback but something inside me felt funny - a weird, sick feeling. Like maybe - just maybe, she's right.

So I went into my room and put my broken board on my bed and looked at myself in the mirror. I don't do that very often - who has time to look in the mirror these days?


And I saw a fat kid looking back at me. Hey, when did this happen, I wondered? I mean, I have always been a bit on the tubby side, but I didn't really think I was that bad. I took my t-shirt off for a closer look. It wasn't a pretty sight.

Underneath my chest, my belly starts to bulge out. It hangs over the top of my shorts and has little chunky tyre bits at the side. My skin has these crazy little

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dimples all over it. I grabbed my skin - I could fit a chunk of fatty flesh into my hand. Ohhh, this can't be good, I thought. I scooped a piece of lint out of my belly button and I realised that it is so much of an inny that I can't even see the bottom of it.

I jumped up and down on the spot and after I stopped, my tummy kept going, wobbling away like a bouncy castle.



I'm fat. What am I going to do?
I don't want
to be fat.

Better go, I can hear Mum calling me for dinner.
It's pizza tonight, yummo!

This is Zacburger,
signing off 6.35pm

-Zac

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Friday July 2

I have been trying not to think about my broken skateboard for the last few days but today something really bad happened and now everyone thinks I have a problem.

It started with the end of term lapathon, you know, the ones where you run around the oval as many times as you can in an hour. I was running with my friends Jake and Alastair. Kieren is on holidays already and Michael and Ethan are fast runners, so they were off ahead. Our sport teacher, Mr Garret was saying dorky things like

"You can do it ... keep it up, kiddo"

to everyone as they went past the checkpoint.

I started to feel tired and I wanted to do a walking lap, but Alastair and Keiren said no. I didn't want to be by myself so I kept running. But then I didn't feel so good. I started to get this tight, hot feeling in my chest, like someone had dumped a burning log on me.

I was finding it hard to breathe and the oval was moving up and down in these wavy movements.

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Dr Porter explained that there were two zones of having extra weight. There is overweight, which was the first danger zone, and then there is obese, which is worse.

To figure out if a person is overweight or obese you have to find out a person's BMI - that's not a type of computer, it stands for Body Mass Index. You do some calculations with a person's weight and height, and for kids my age Dr Porter plotted my measurements on a special chart. It is best if a doctor, nurse or dietitian does this because reading the chart can get a bit complicated.

Anyway it turns out that I am **OVERWEIGHT**, which sounds bad, but Doc Porter said unless I start to change some of my habits, I might end up **OBESE**, which is even worse!

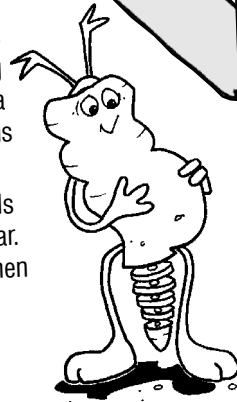
Doc Porter said that there are lots of reasons why it is not good to be overweight. Lots of them happen when you are older but being big when you are young is not a good start.

I asked Doc Porter how I got like this. I mean, I kind of know you get **FAT** from eating junk food but I wanted to know her answer. It turns out there are lots of reasons why kids get **FAT** and it's usually not just one thing. Here is a little handout that Doc Porter gave me.

Why am I overweight?

One of the biggest health risks in young Australians today is carrying too much weight. There is usually not just one thing that causes a person to be overweight. Most of the time it is a combination of a few different things. Some of the major reasons are listed below.

- A diet high in energy and low in nutrients, especially foods that are highly processed and contain a lot of fat and sugar.
- Poor eating habits, such as skipping breakfast, eating when bored or snacking too often.
- Meals that are too large.
- Drinking too many sugary drinks such as soft drinks, energy drinks, cordial and fruit juice.
- Not enough physical activity. Many young people are spending too much time watching TV or using the computer instead of being active.
- Reliance on cars and machines (e.g. remote control) instead of being active - parents may feel it is not safe for their children to walk or ride to school.
- Family factors. If others in your family are overweight you may be at risk as well.



How am I putting on weight?

The simple answer is that the amount of energy that you put into your body, in food, is not matched by the amount of energy that you are burning up with the activities you do throughout the day. More is going in than out. The left over energy that is in our body has nowhere to go, so it is stored as fat (called adipose tissue).

