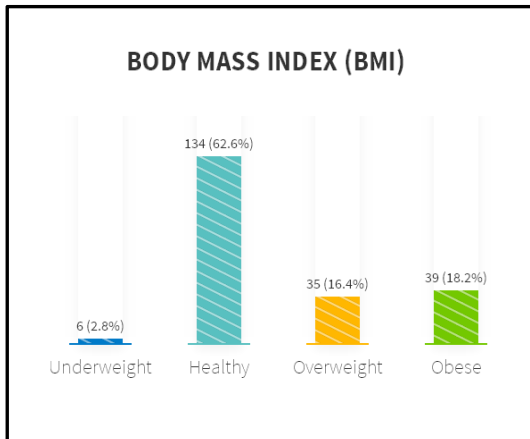


Let's Get Healthy! visited Valor Middle School on October 14th, 2013 and collected research data from 568 Valor students.

214 students completed the body composition station and their results are shown below.



AVERAGE HEIGHT AND WEIGHT



About one-fifth of students said they think about their body size every day.



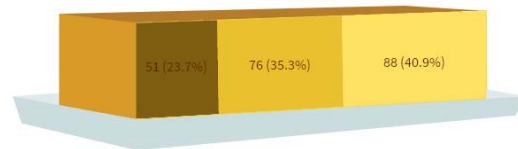
Did you know? The recommendations for your BMI, height, and weight change **EVERY** month until you're 20!

Body fat is important! We all need body fat to survive. It protects our organs and enables reproductive functions as we get older. However, too much body fat can lead to obesity and risk of chronic disease.

What is right for you? It depends on your age and gender! Girls need more than boys. Look below to see how recommendations change based on age.

BODY FAT PERCENTAGES

Average: 23.5%

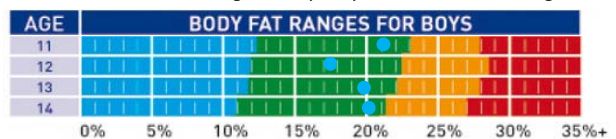


- Under Recommended Range
- Recommended Range
- Above Recommended Range

Average Body Fat Percentage at Valor MS for Girls: **26.6%**
Pink dots show the average for girls at your school based on age



Average Body Fat Percentage at Valor MS for Boys: **19.8%**
Blue dots show the average for boys at your school based on age



Did you know? Your choices now have a big impact on your behaviors as an adult!!!
Dietary and physical exercise habits established during adolescence can persist into adulthood.

Why does this matter? Being overweight or obese puts you at risk for many health problems like coronary heart disease, high blood pressure, type 2 diabetes, breathing problems, and certain cancers.