

Once Were Walkers

Associate Professor Grant Schofield

AUT

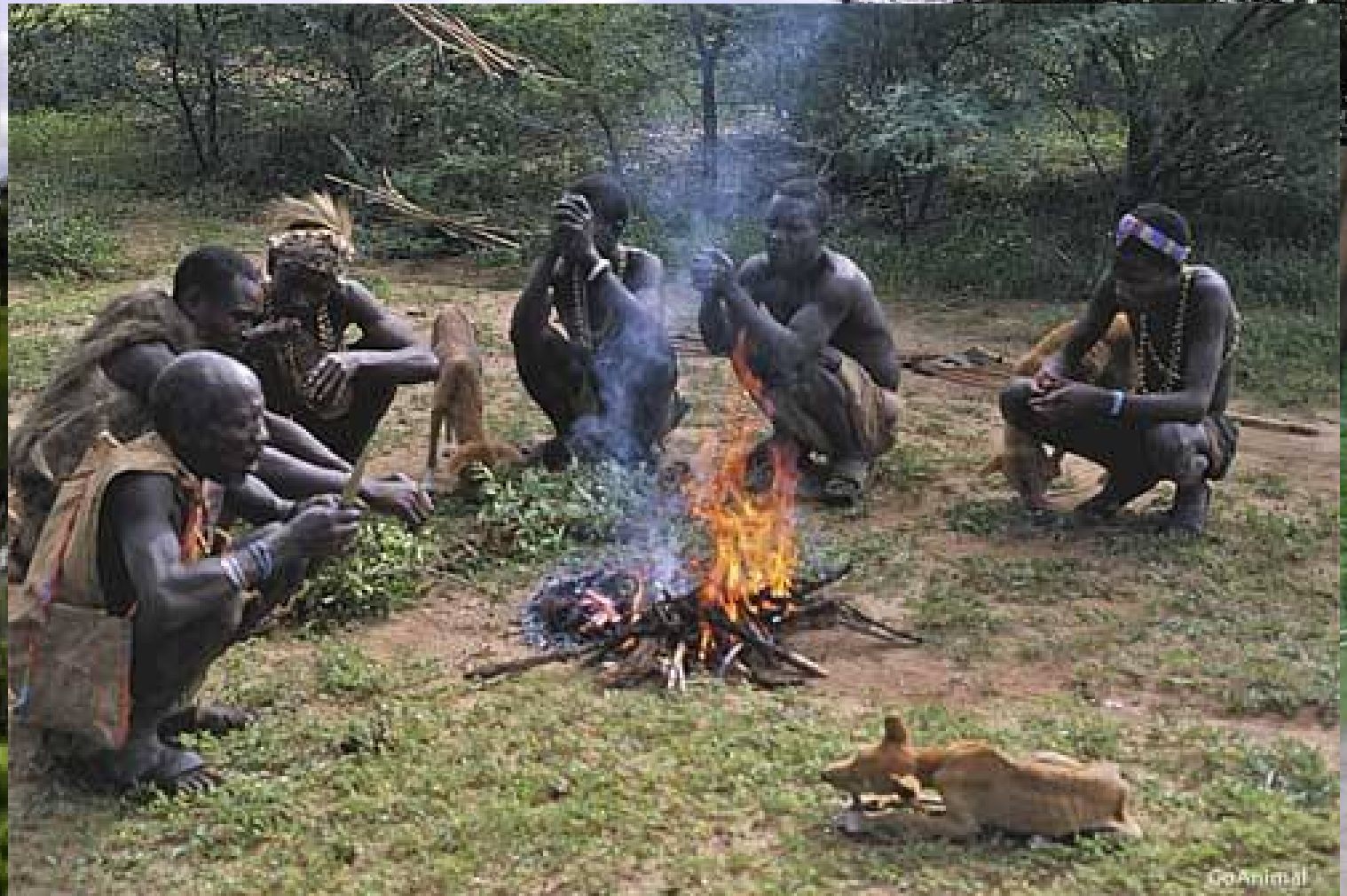
UNIVERSITY

CPAN

CENTRE FOR PHYSICAL ACTIVITY
AND NUTRITION RESEARCH







GoAnimal

THE
NEWES

PUBLISHED FOR THE
SATISFACTION & INFORMATION of the PEOPLE.
WITH PRIVILEGE.

JULY 6, 1665.

BY order from the Right Honourable
the Lord Arlington principal
Secretary of State to His Ma-
jesty. I am commanded to pub-

the desire of the said *Angier* & the inhabitants
in the house of *Jonas Charles* in *Newton Street*,
in the Parish of *St. Giles* in the Fields, in the
said County, permit one *Richard Goodall*, servant
of the said *Angier*, with his Medicaments to













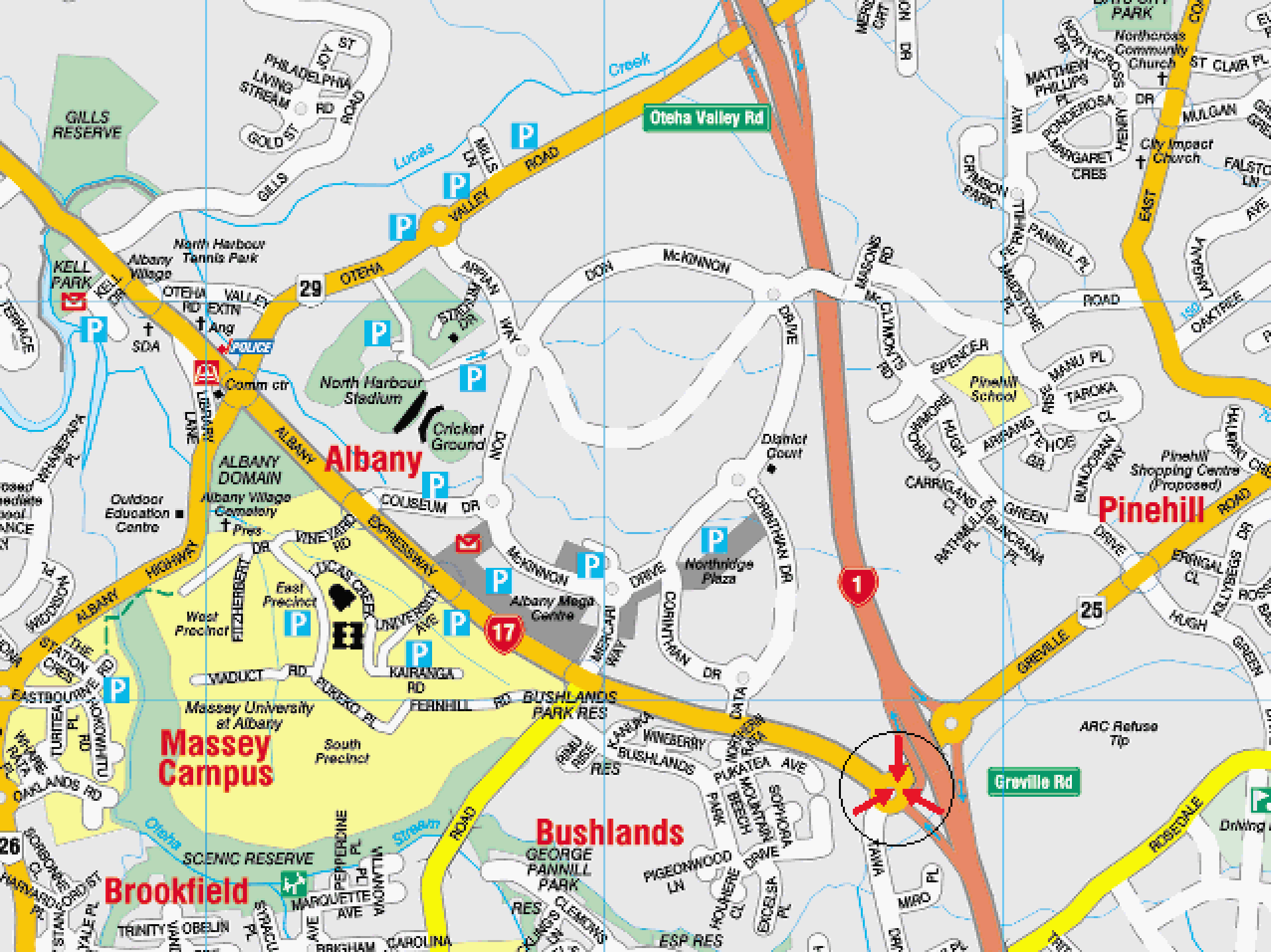






Takapuna Central











24
HOUR

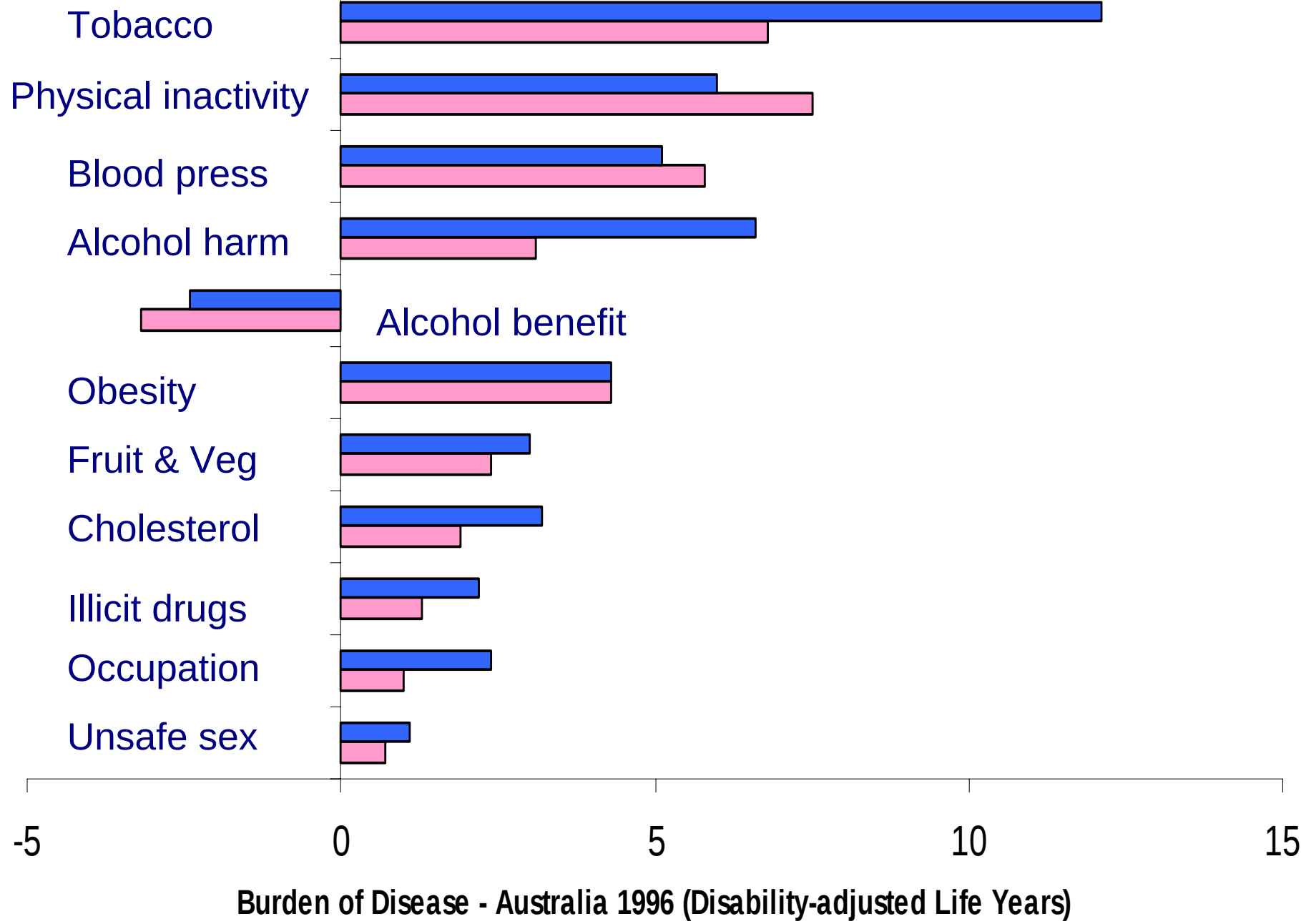
FITNESS

FITNESS

24
HOUR

POINT LO
HANDICA
TO UPPE
LOCATE
24 HOUR





ARTY LANDS

DECEMBER 11, 1966

TIME



RACE FOR THE MOON

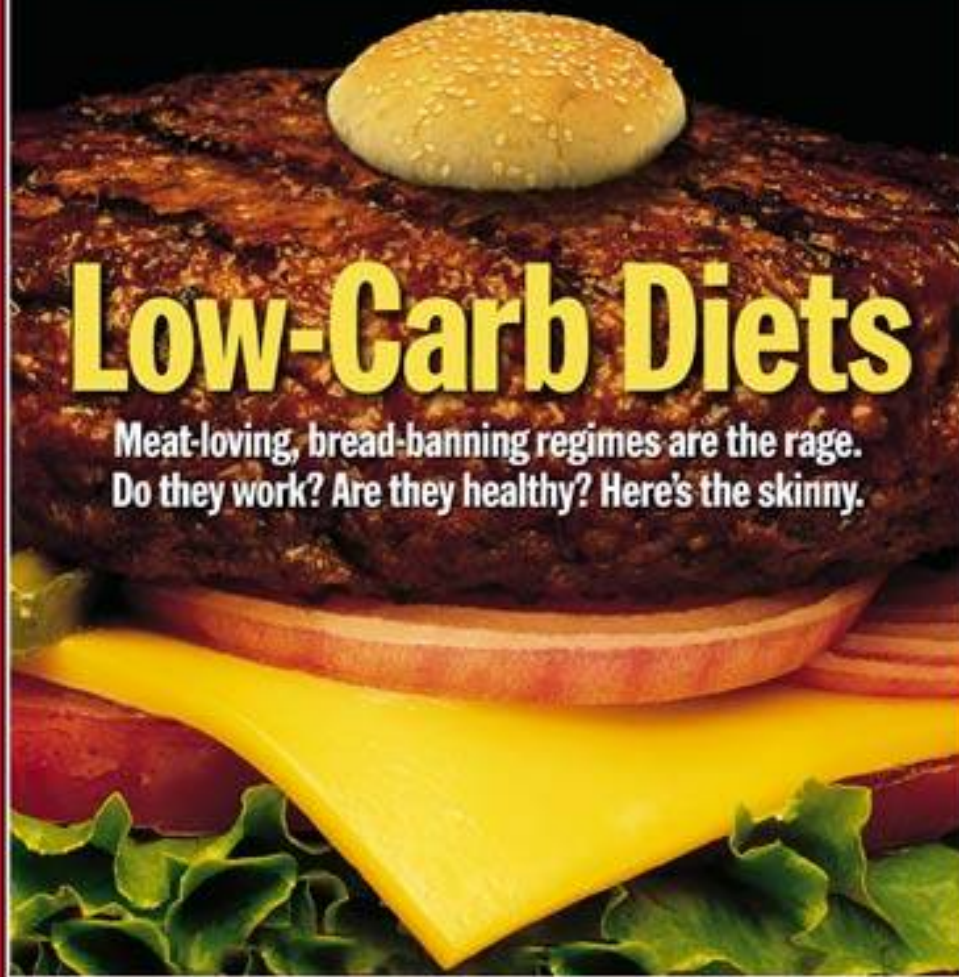
Illustration by J. J. Johnson

NOVEMBER 1, 1999 \$3.50

www.time.com

TIME

INTERVIEW
GORE BLASTS BRADLEY
HOW TRUE IS *THE INSIDER*?



Low-Carb Diets

Meat-loving, bread-banning regimes are the rage.
Do they work? Are they healthy? Here's the skinny.

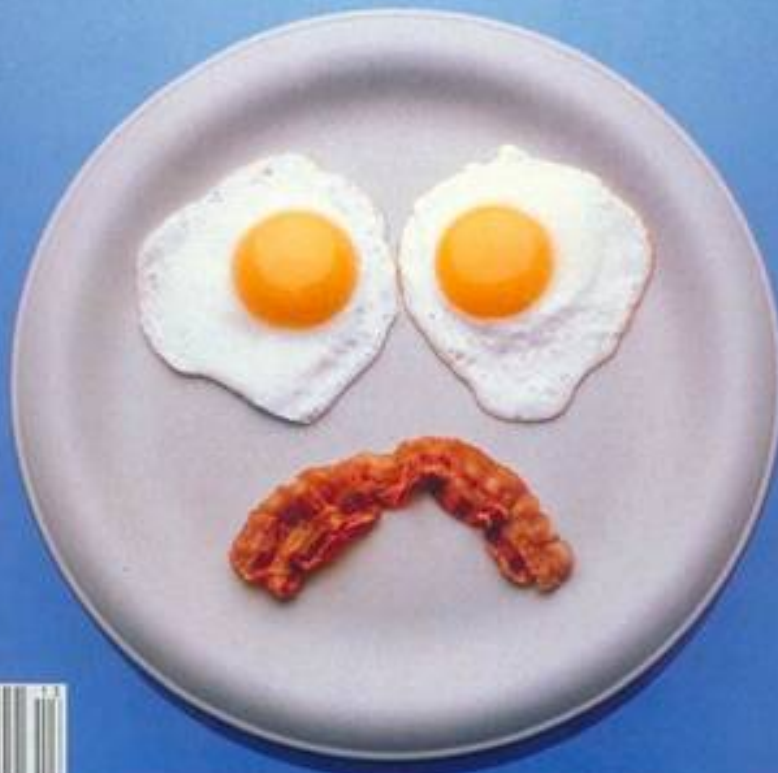
MARCH 26, 1984

\$1.75

TIME

CHOLESTEROL

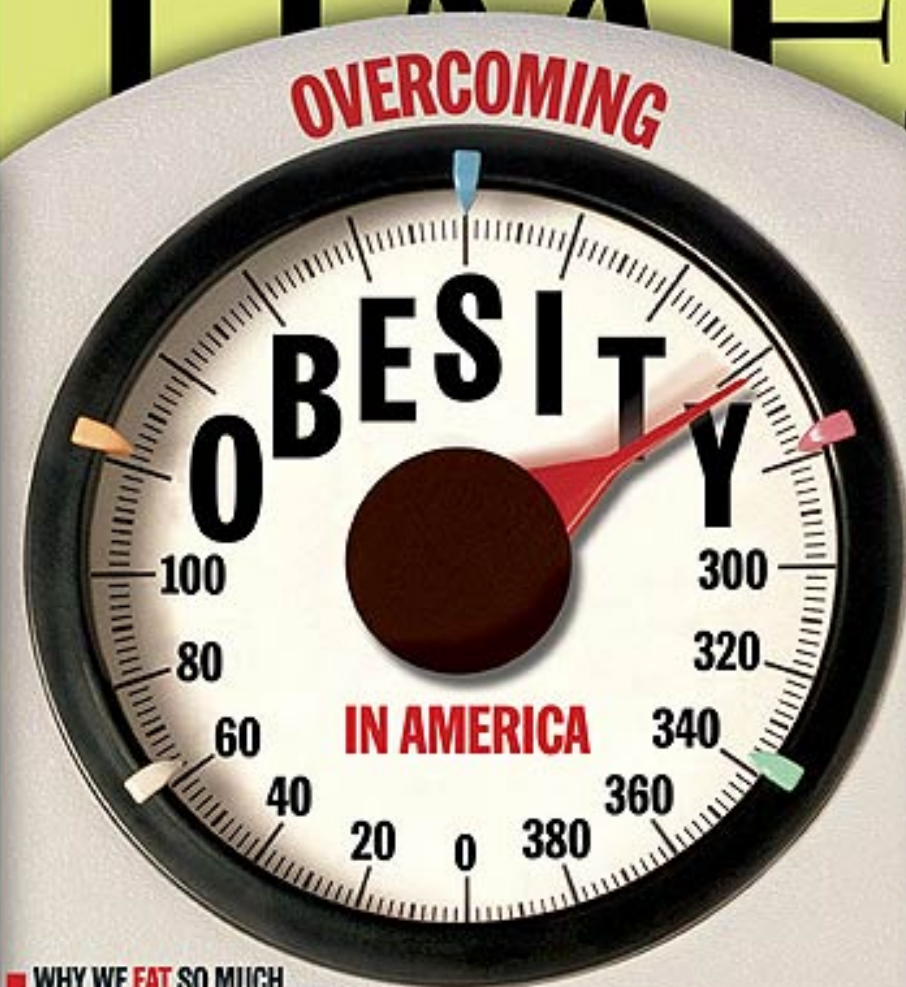
And Now the Bad News...



JUNE 7, 2004

SPECIAL ISSUE

TIME

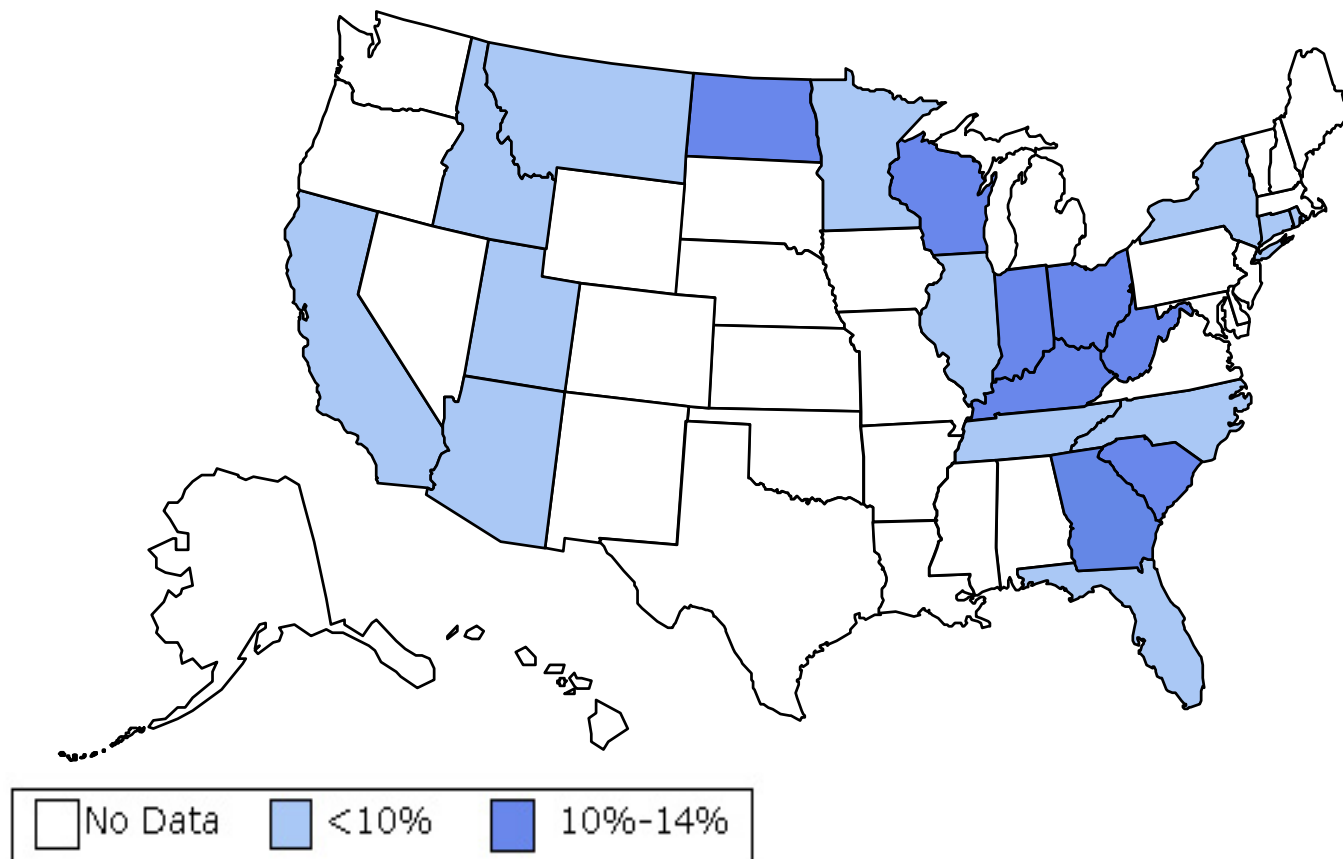


- WHY WE **EAT** SO MUCH
- THE **ANTI-FAT** CRUSADERS
- WEIGHT-LOSS **HEROES**
- WHAT TO TELL YOUR **KIDS**
- A **GUIDE** TO DIET BOOKS

Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

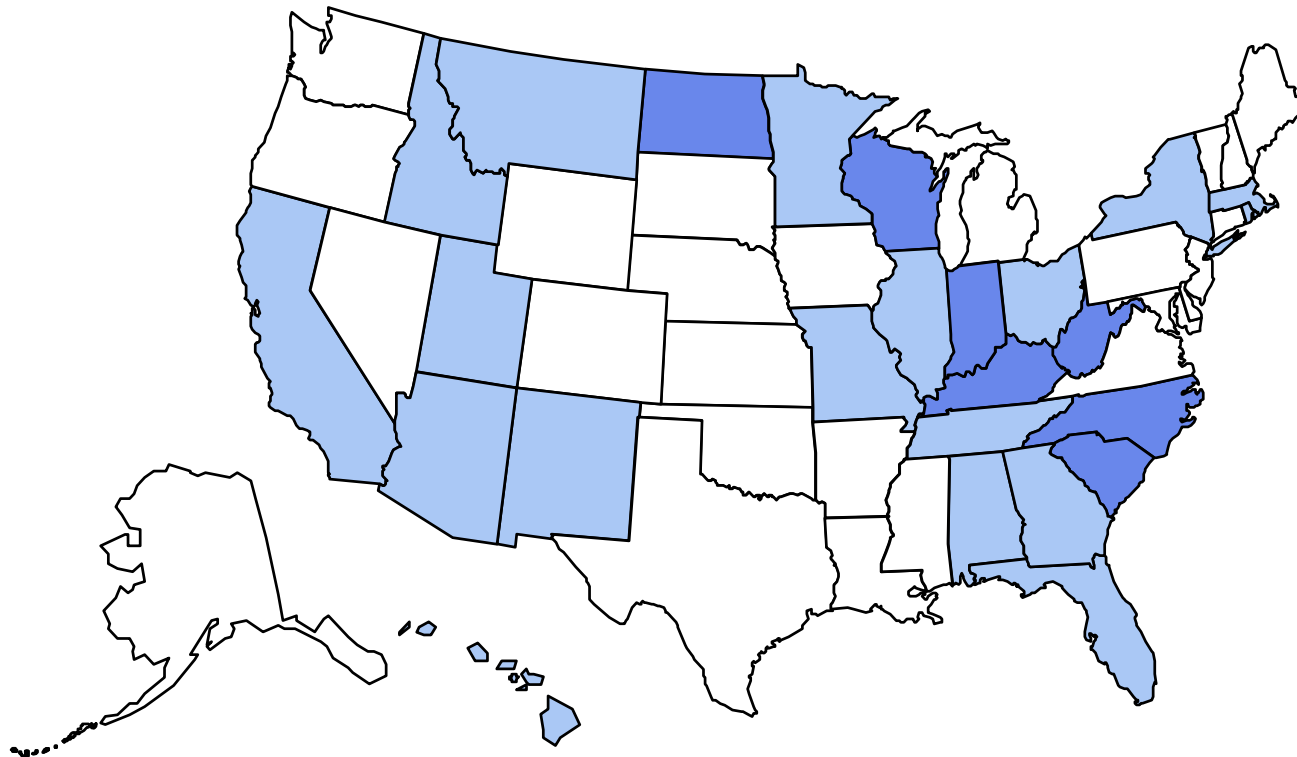


Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults

BRFSS, 1986

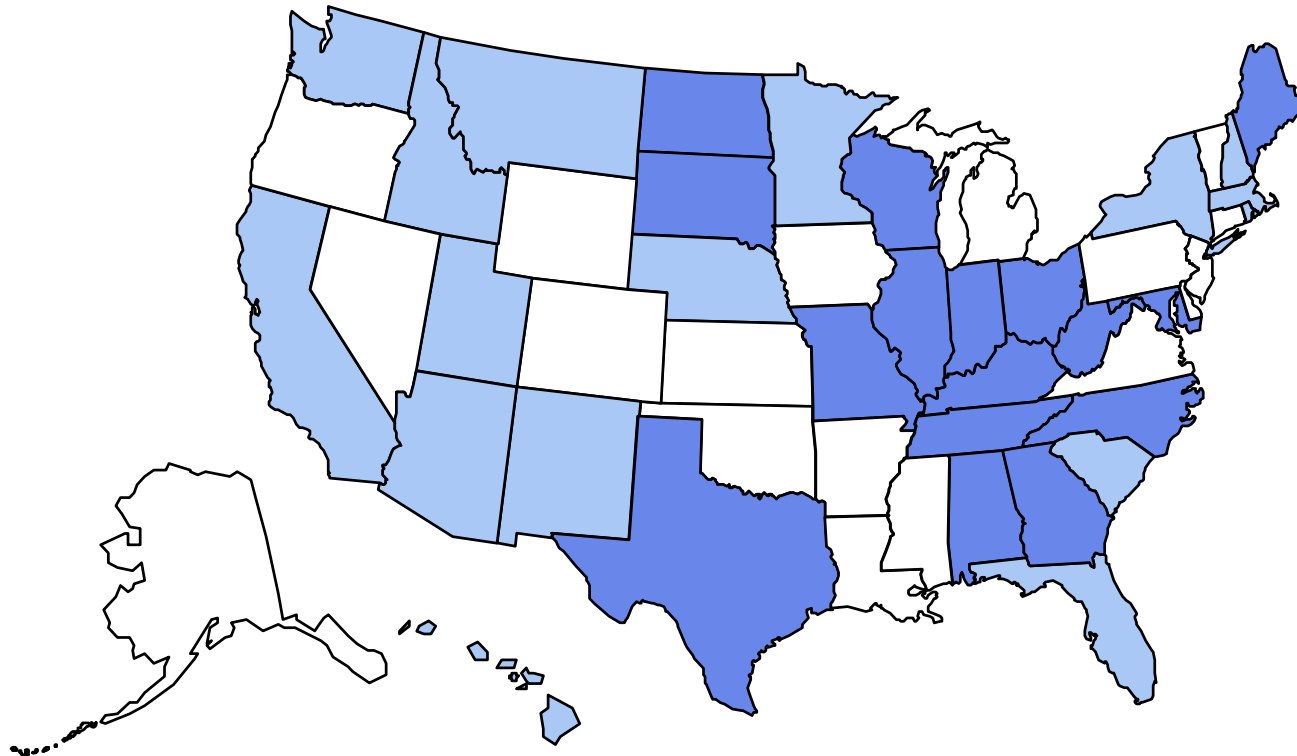
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Obesity Trends* Among U.S. Adults

BRFSS, 1987

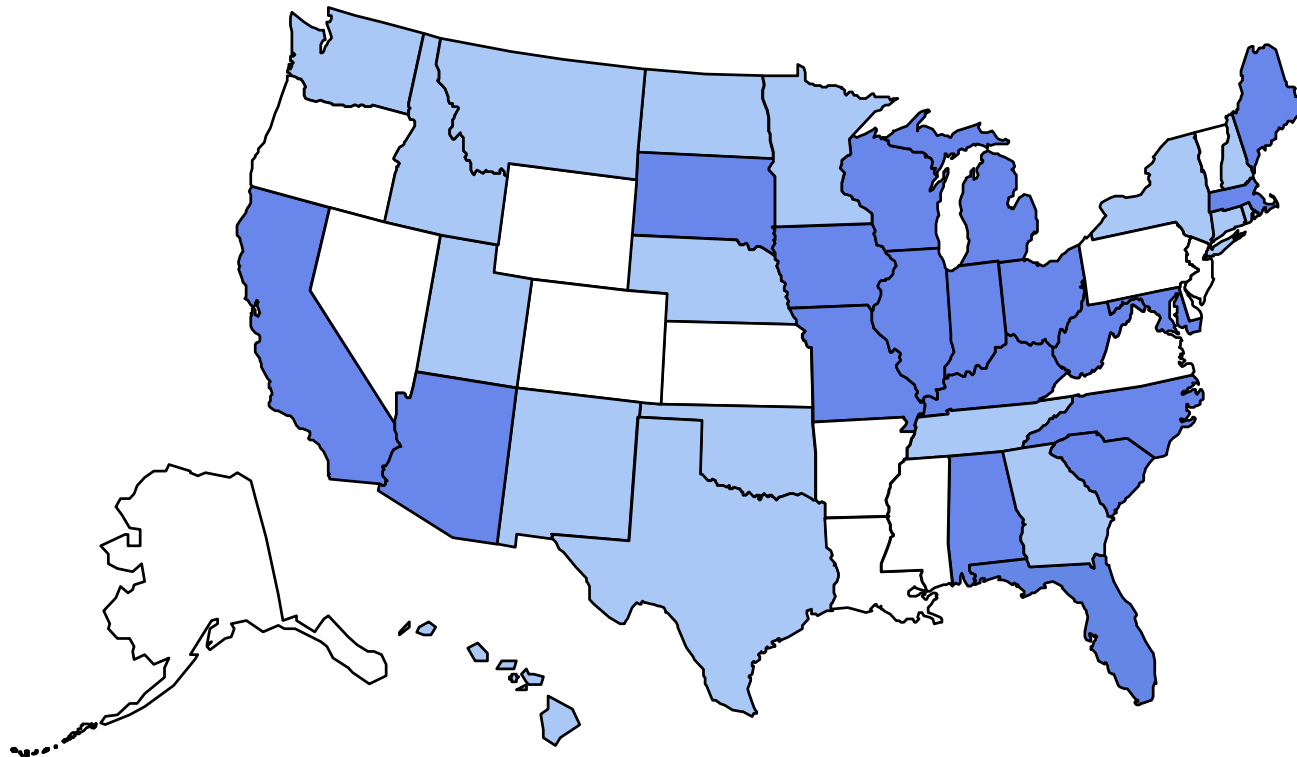
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Obesity Trends* Among U.S. Adults

BRFSS, 1988

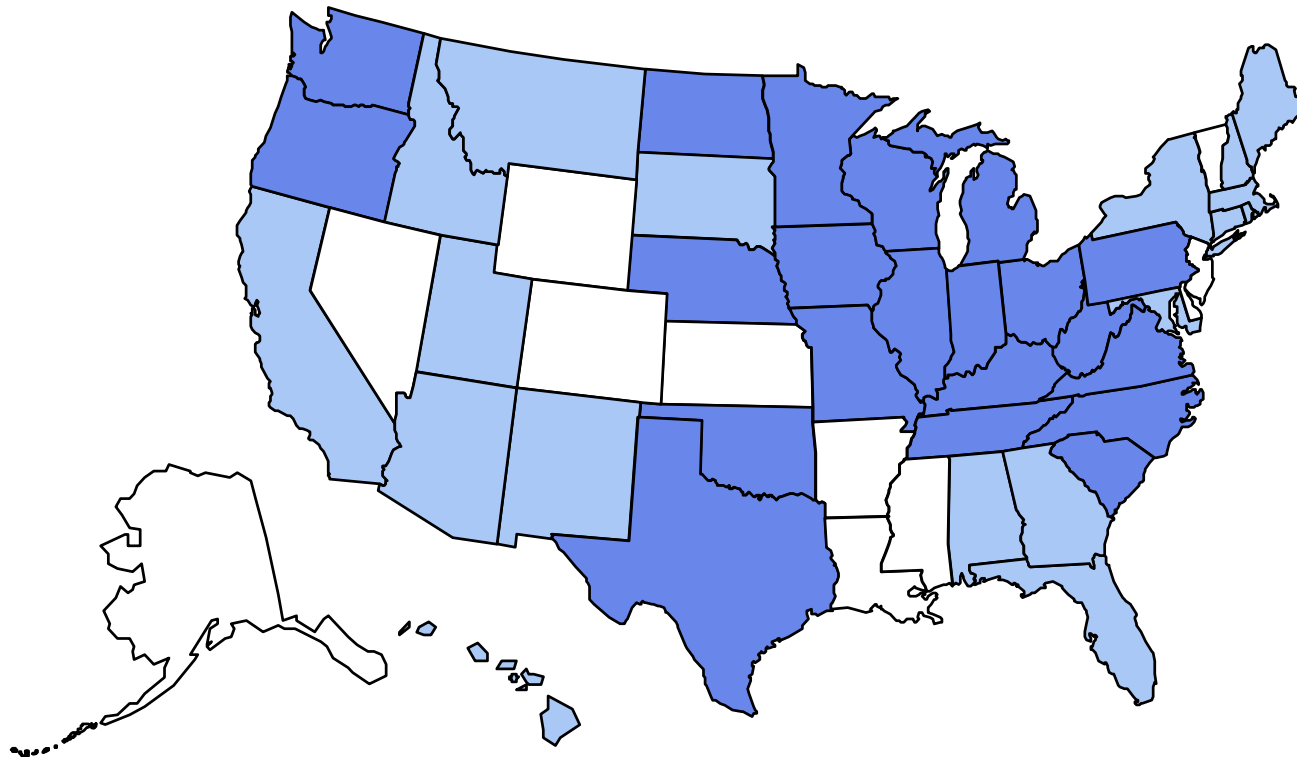
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Obesity Trends* Among U.S. Adults

BRFSS, 1989

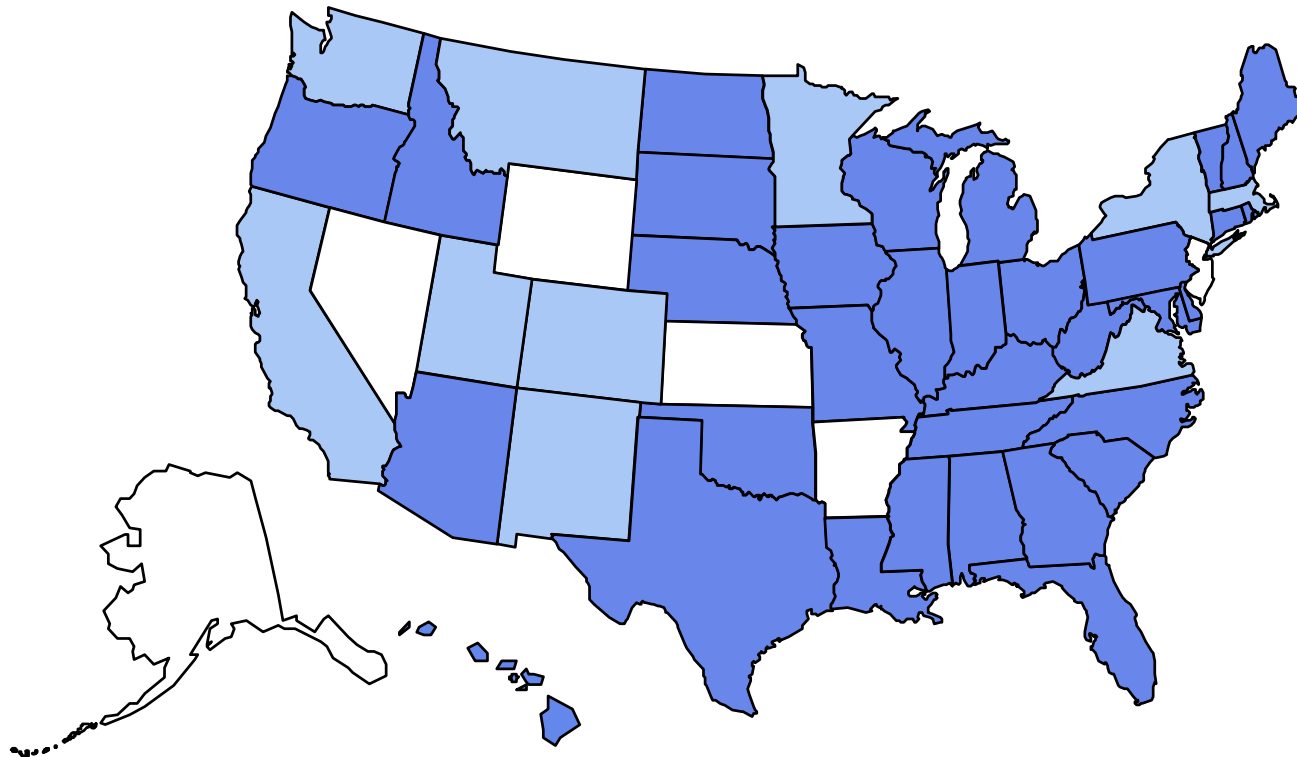
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Obesity Trends* Among U.S. Adults

BRFSS, 1990

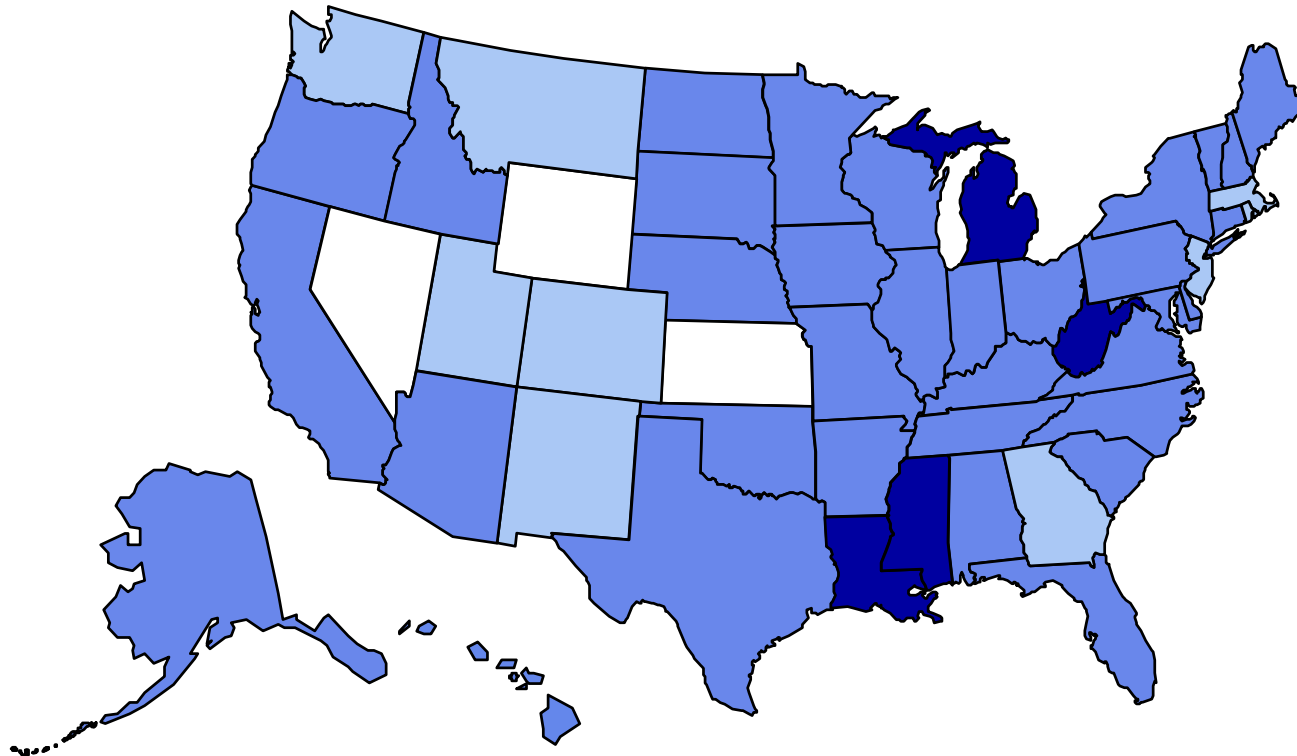
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



Obesity Trends* Among U.S. Adults

BRFSS, 1991

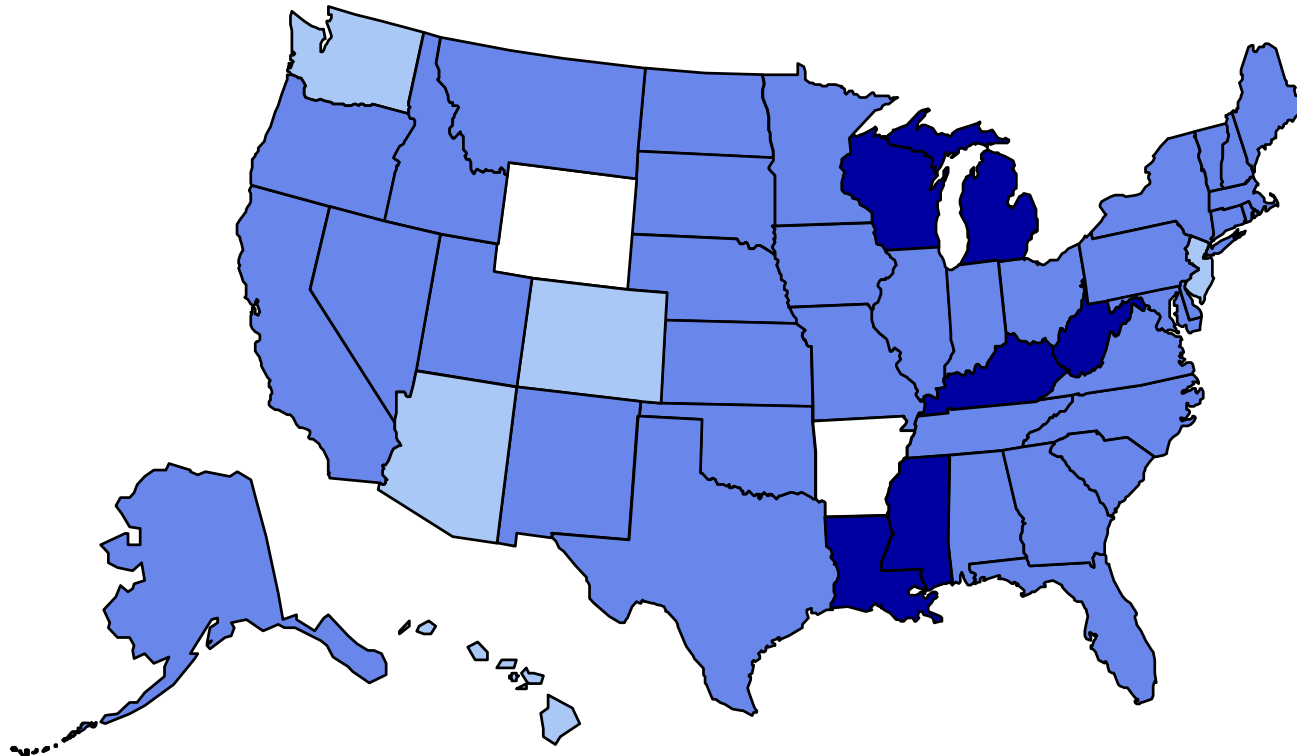
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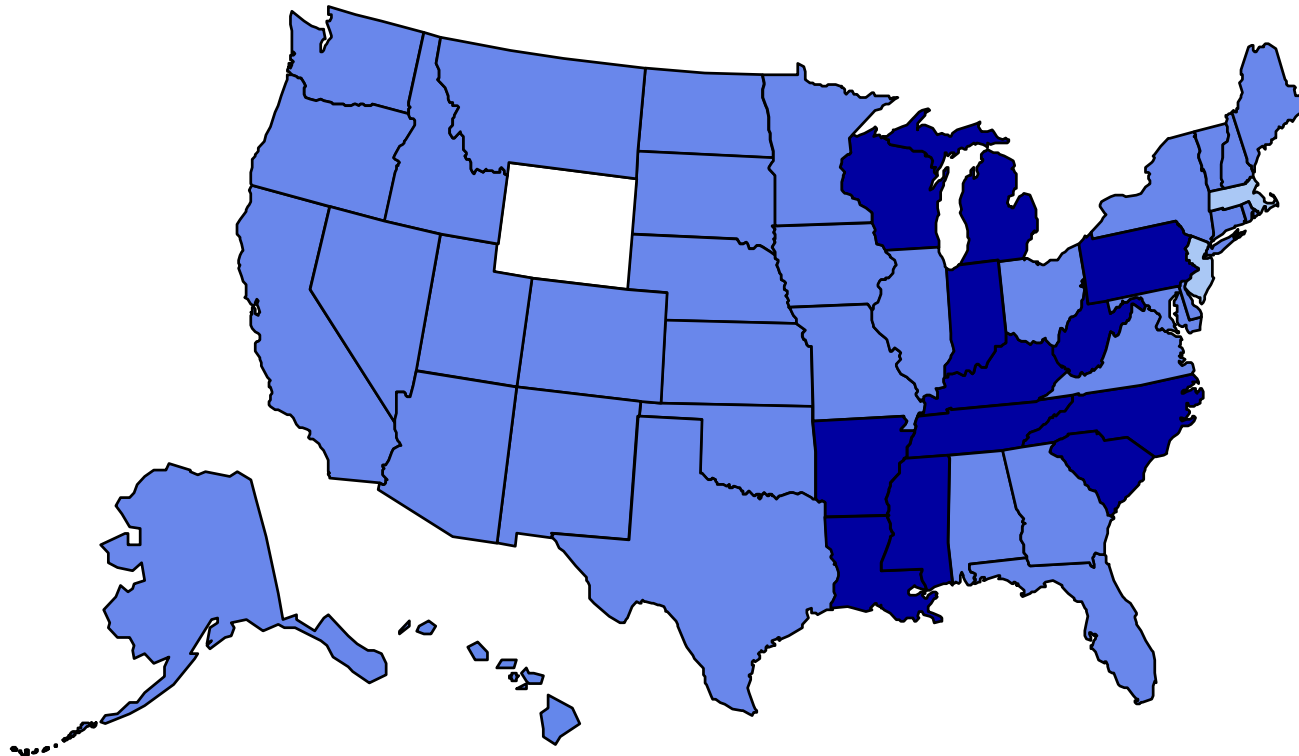


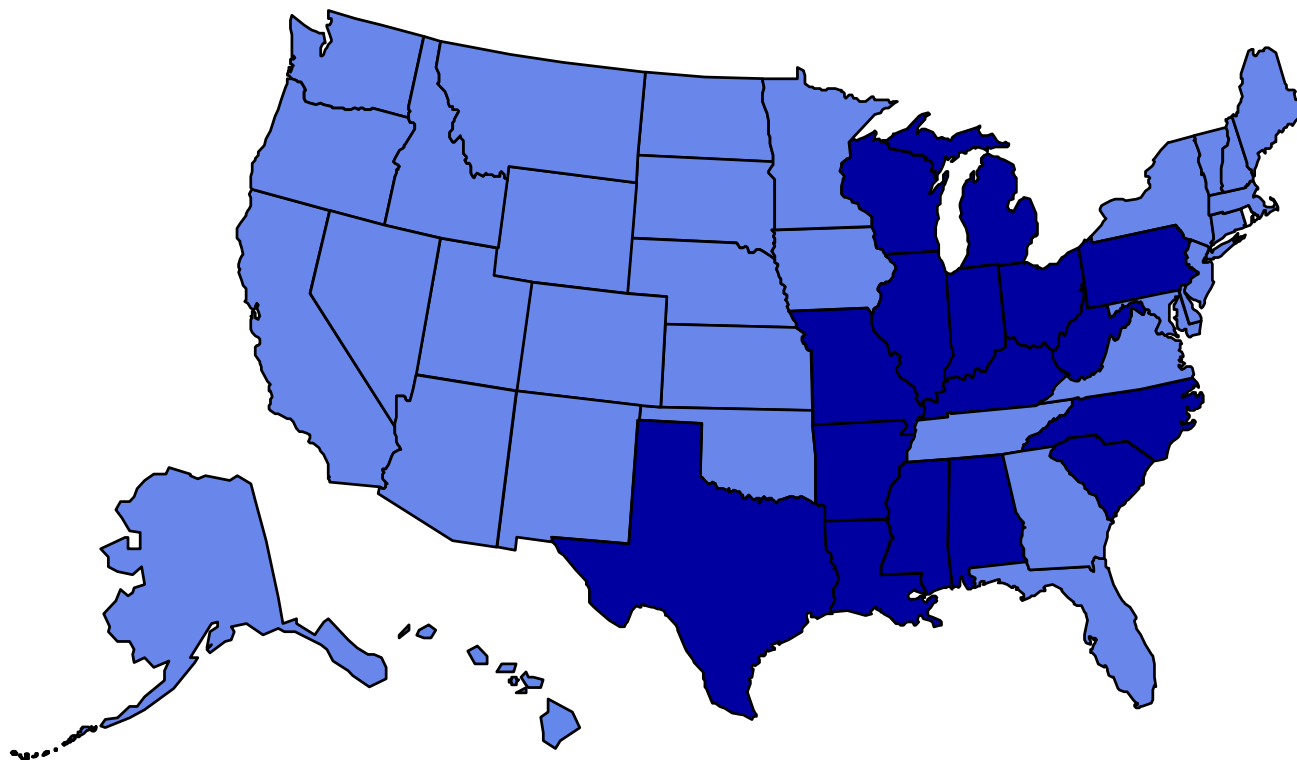
Obesity Trends* Among U.S. Adults

BRFSS, 1992

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)





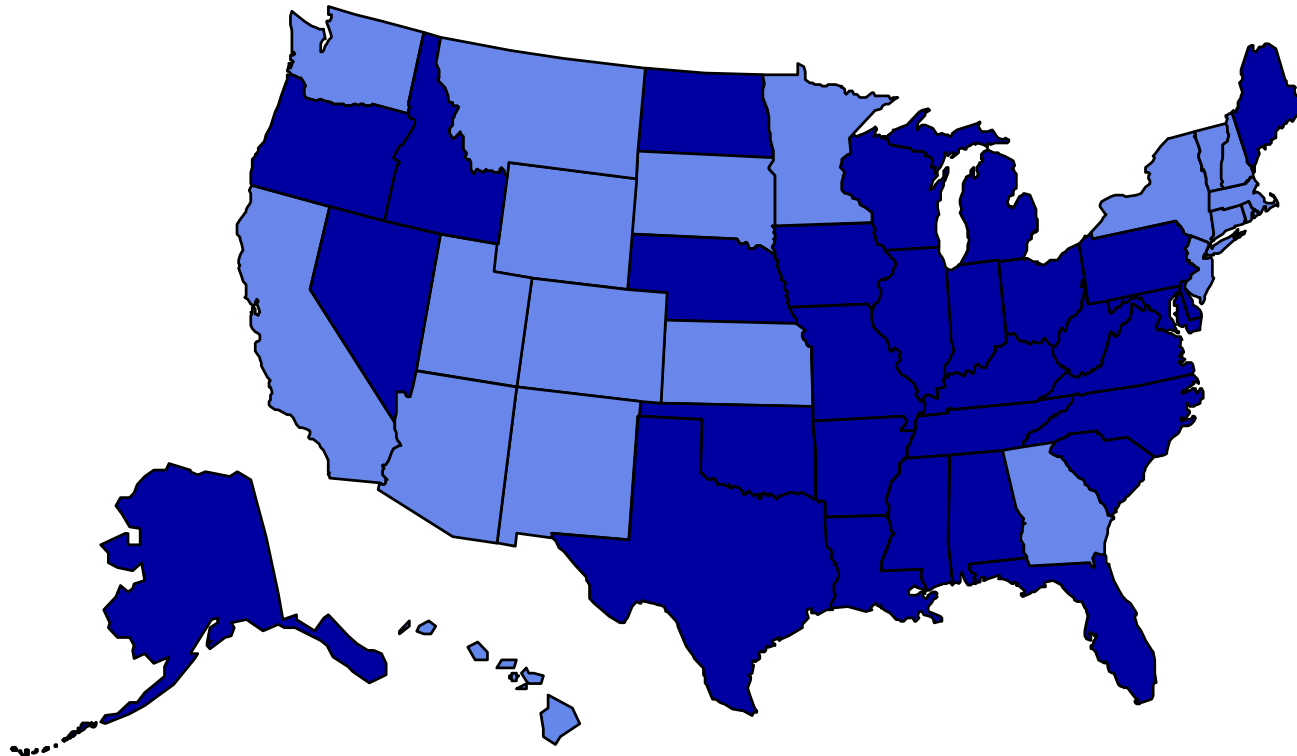


BRFSS, 1995

Obesity Trends* Among U.S. Adults

BRFSS, 1996

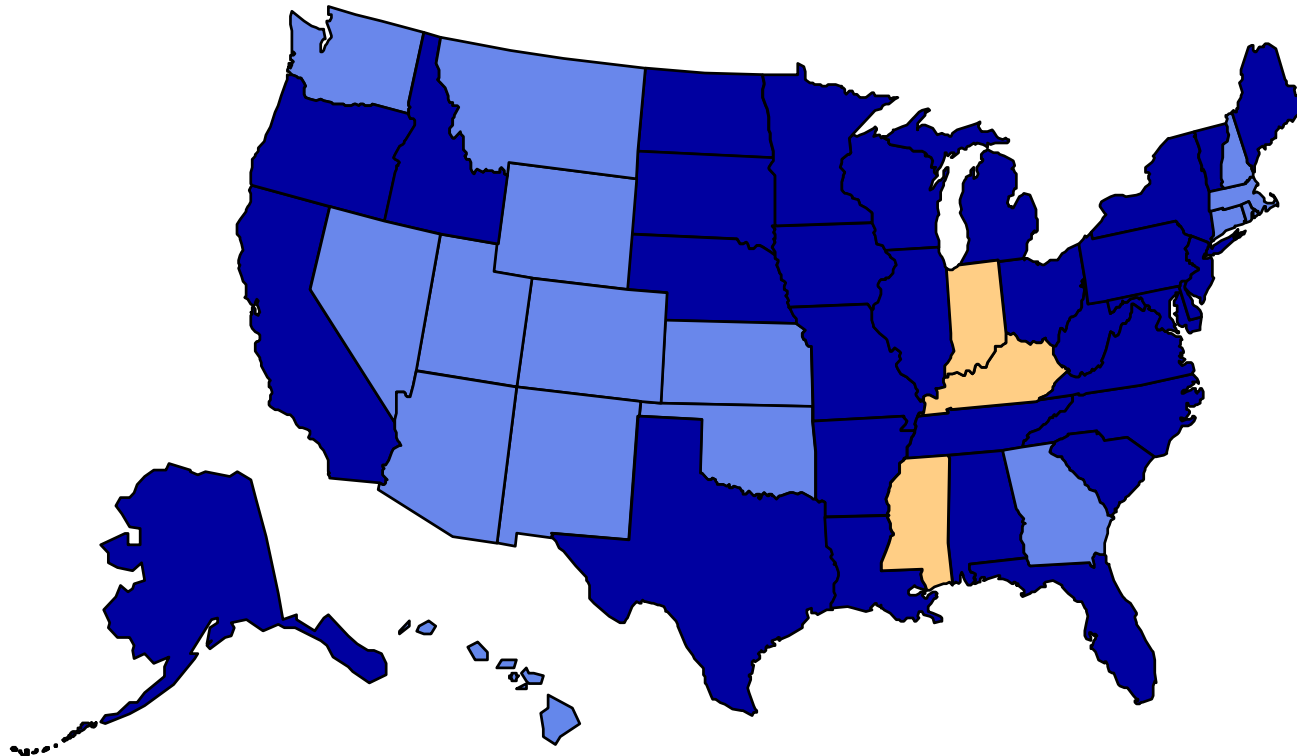
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

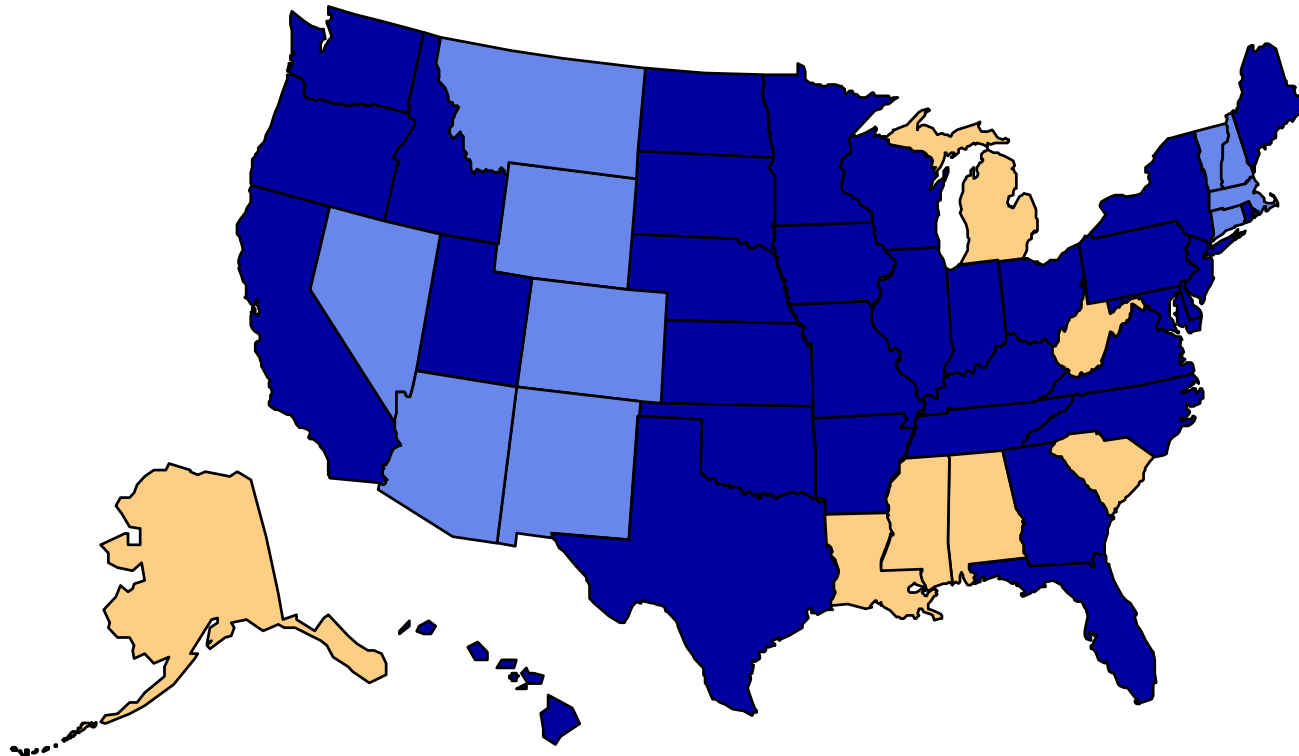


Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

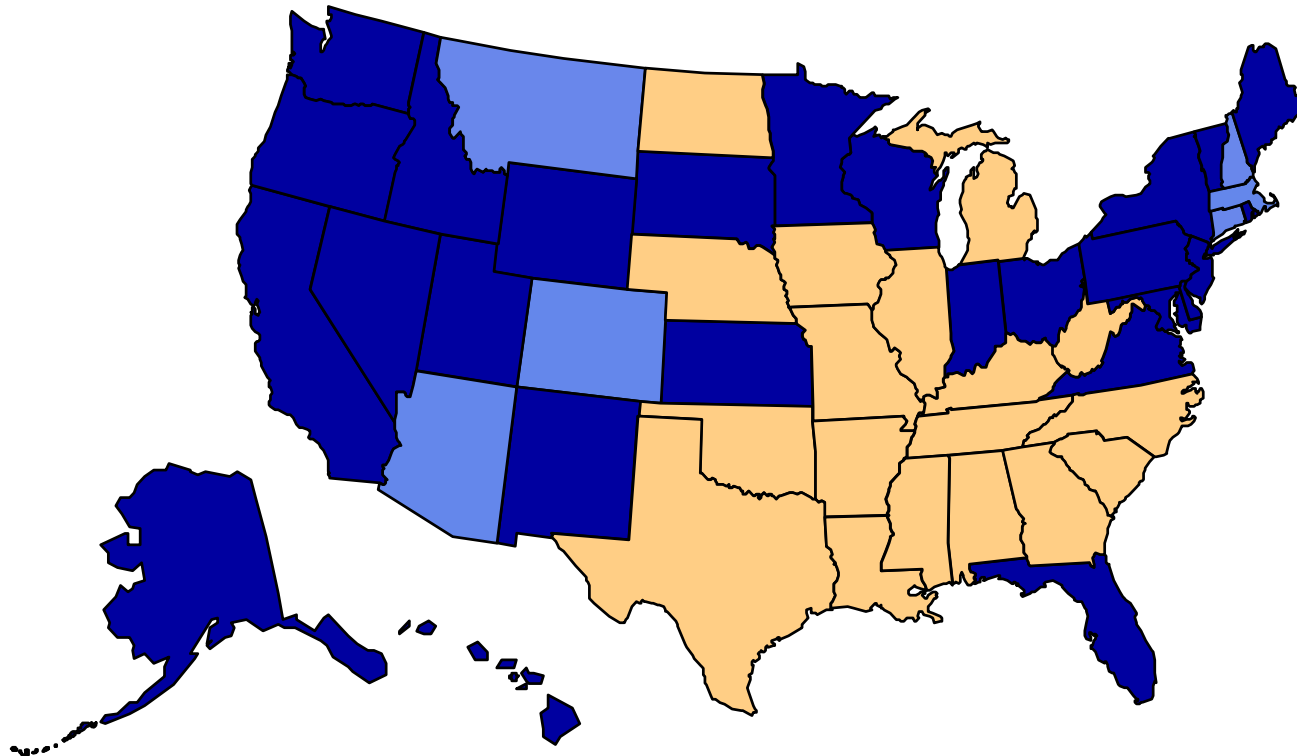




Obesity Trends* Among U.S. Adults

BRFSS, 1999

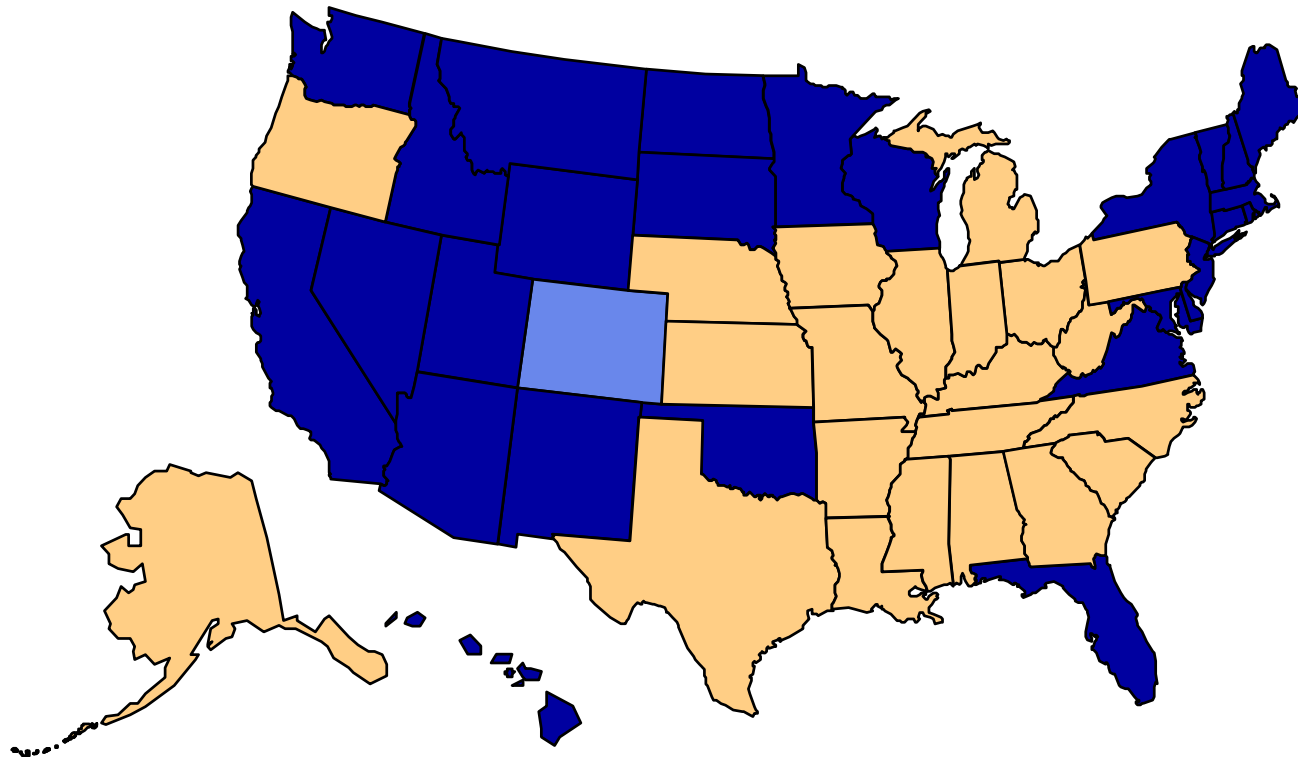
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Obesity Trends* Among U.S. Adults

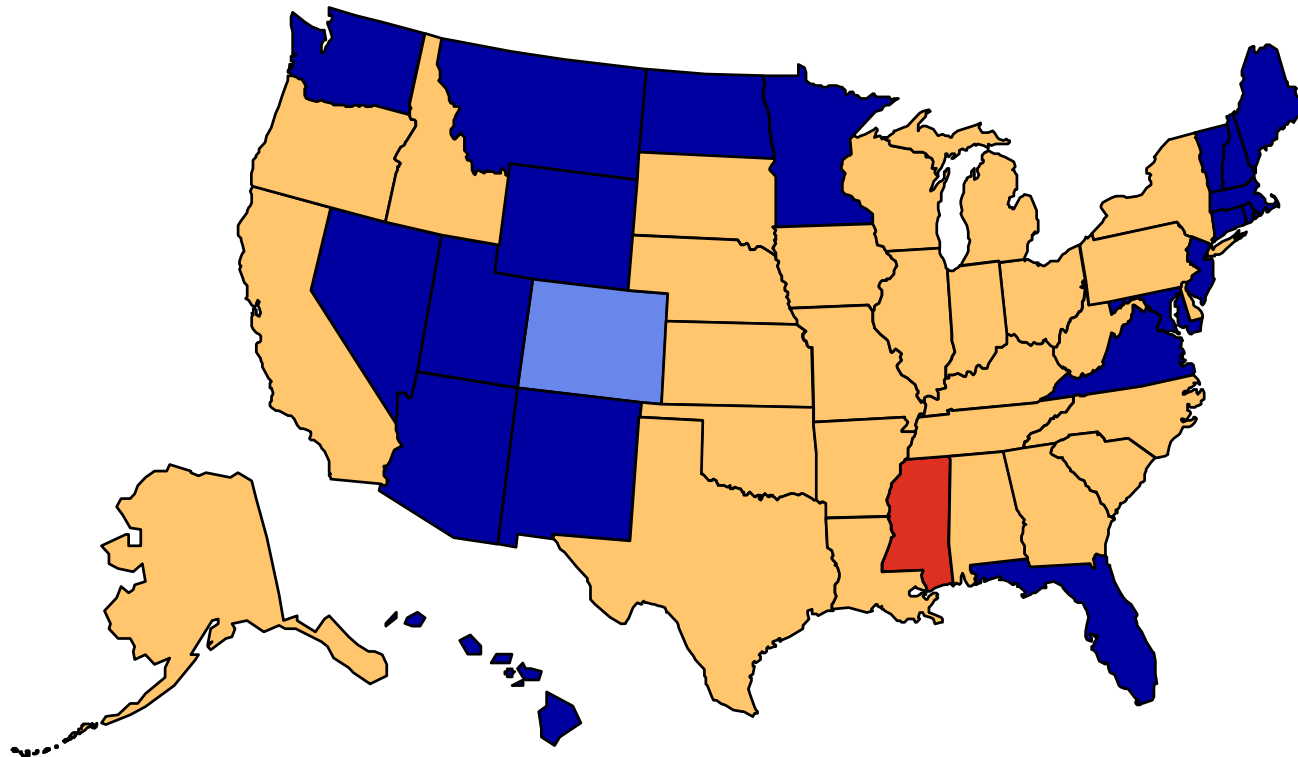
BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)

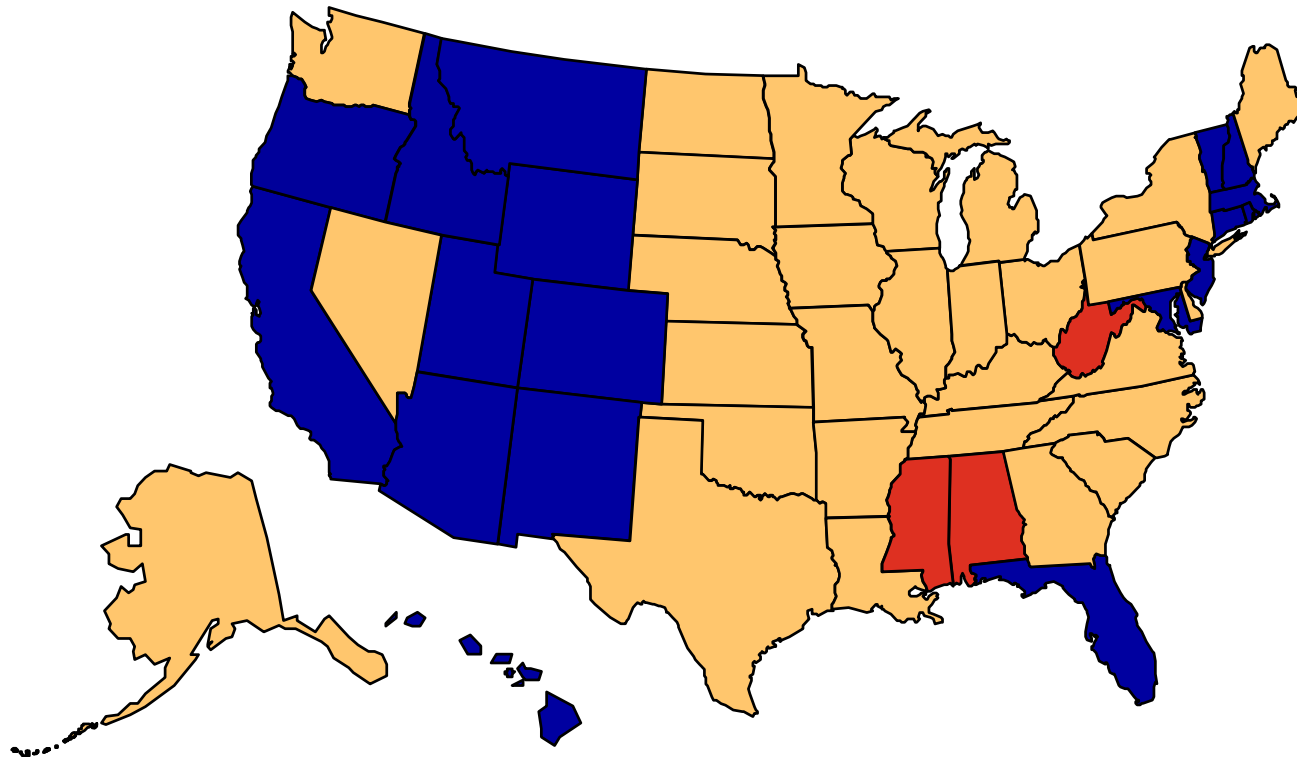


Obesity Trends* Among U.S. Adults

BRFSS, 2001



BRFSS, 2002

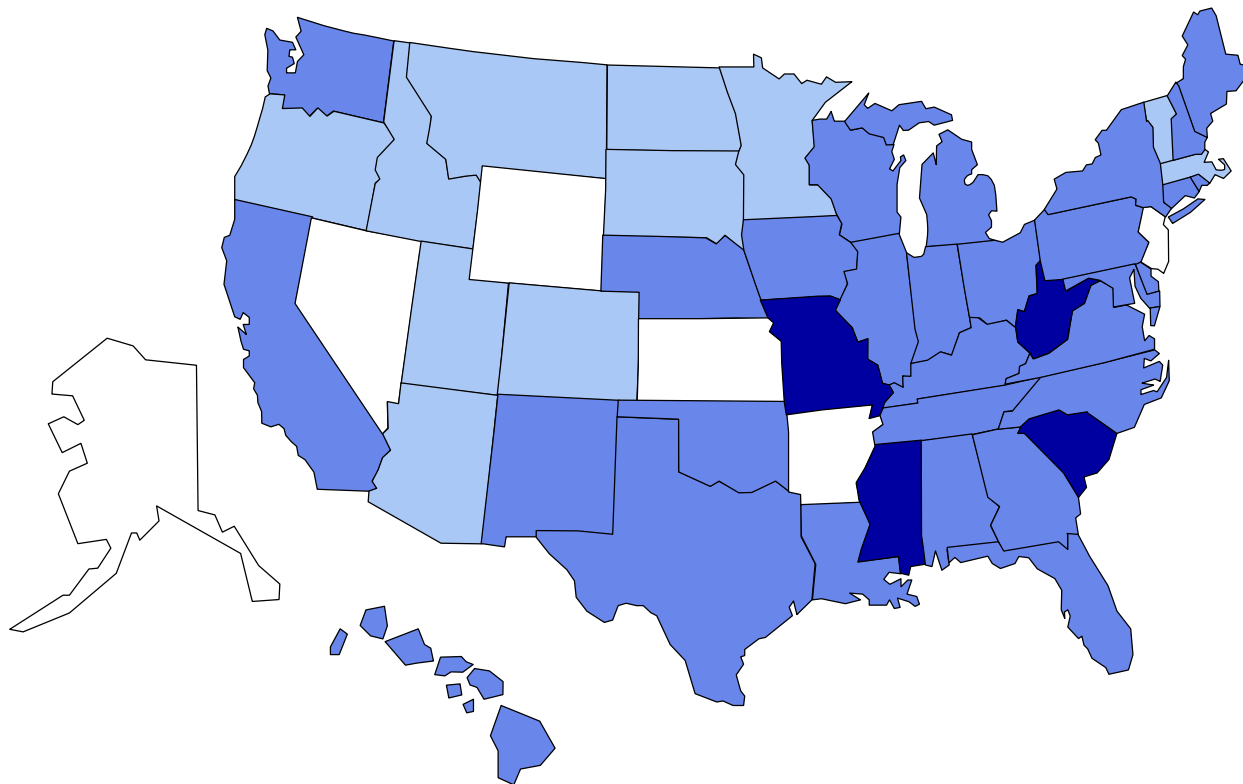


Source: Behavioral Risk Factor Surveillance System, CDC

Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 1990

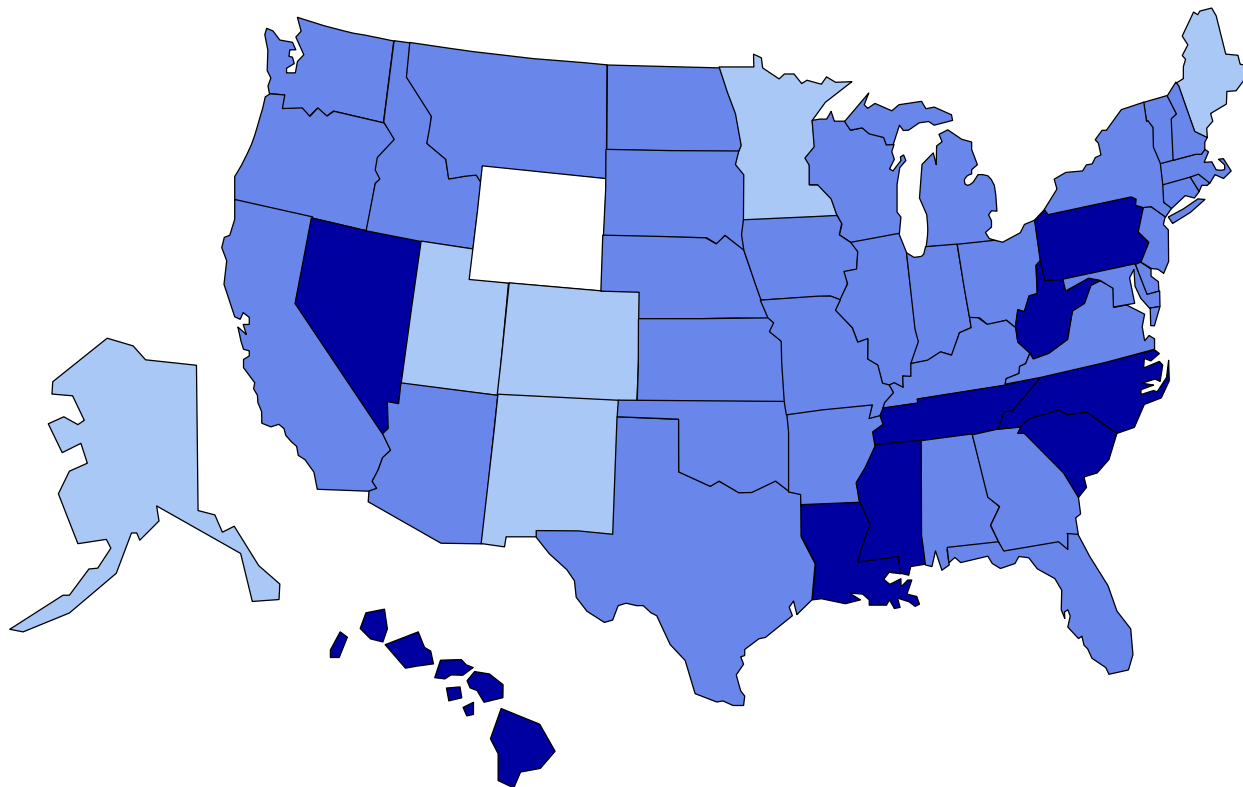


Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83.

Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 1991-92

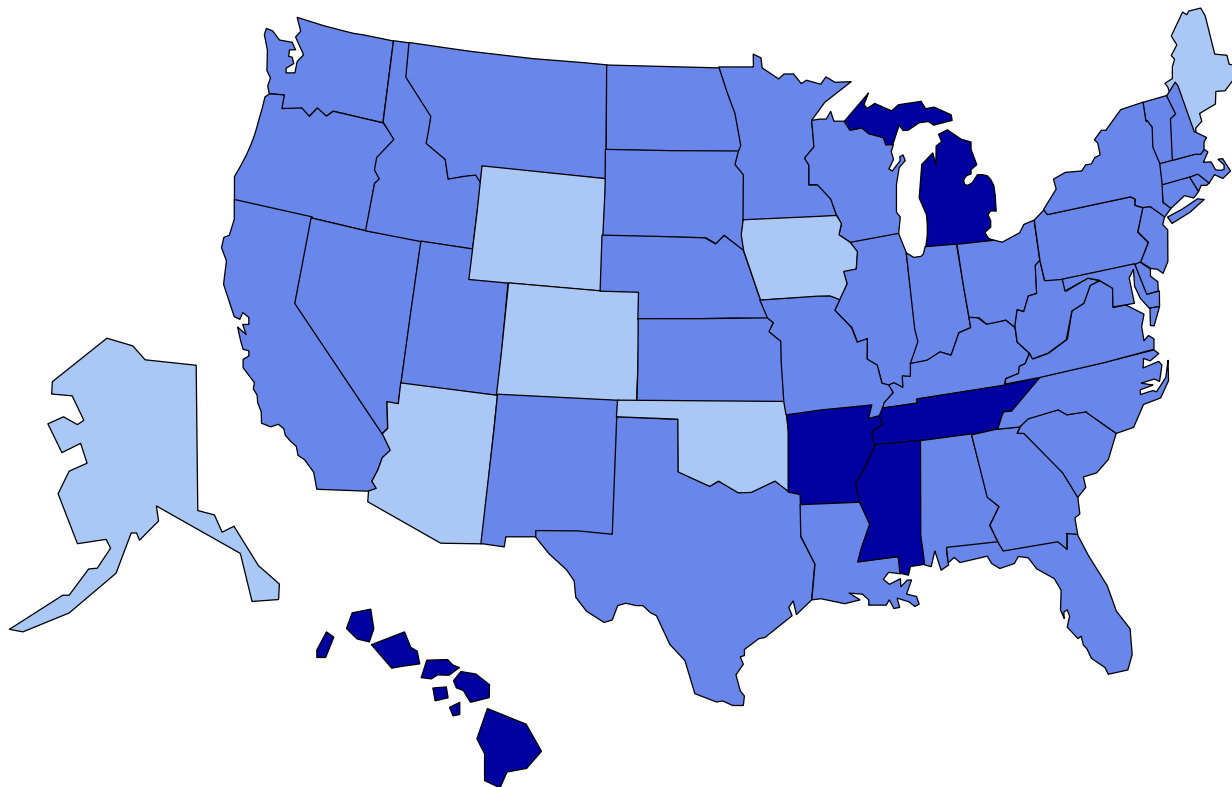


Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83.

Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 1993-94



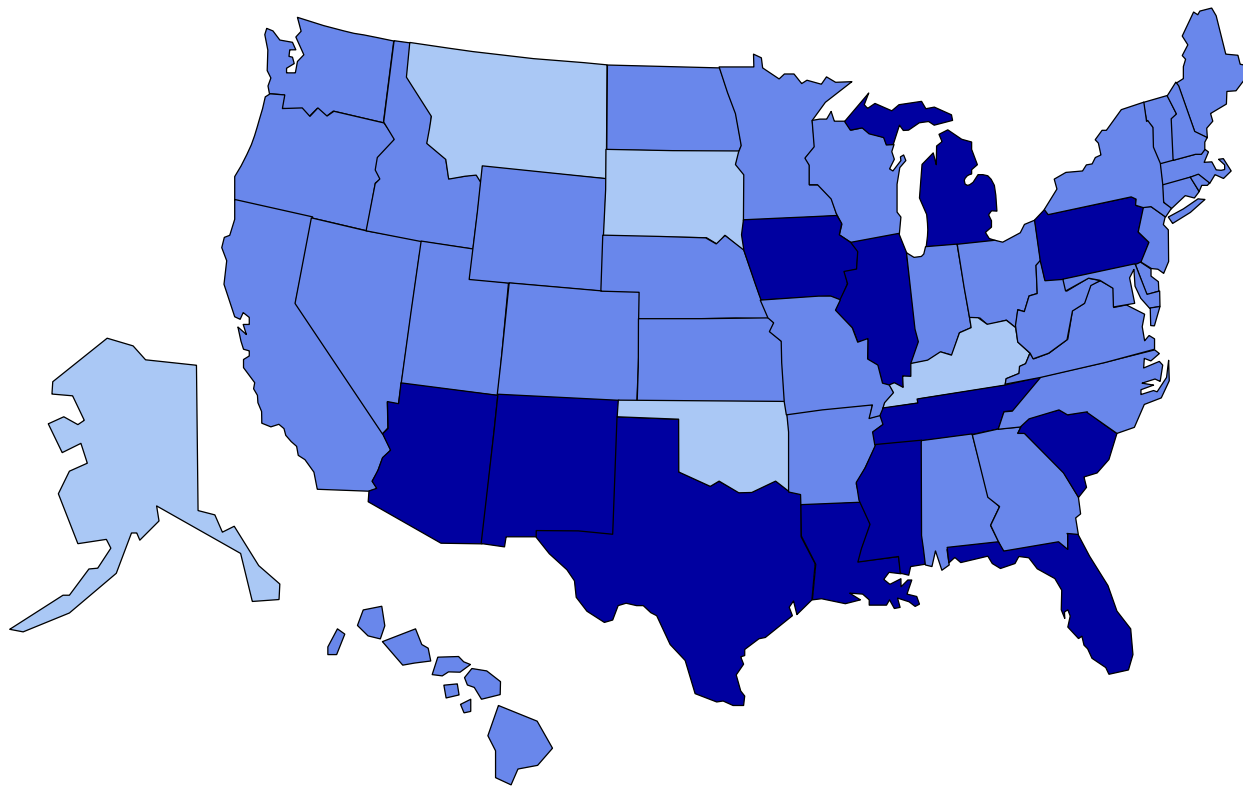
Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83.

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Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 1996

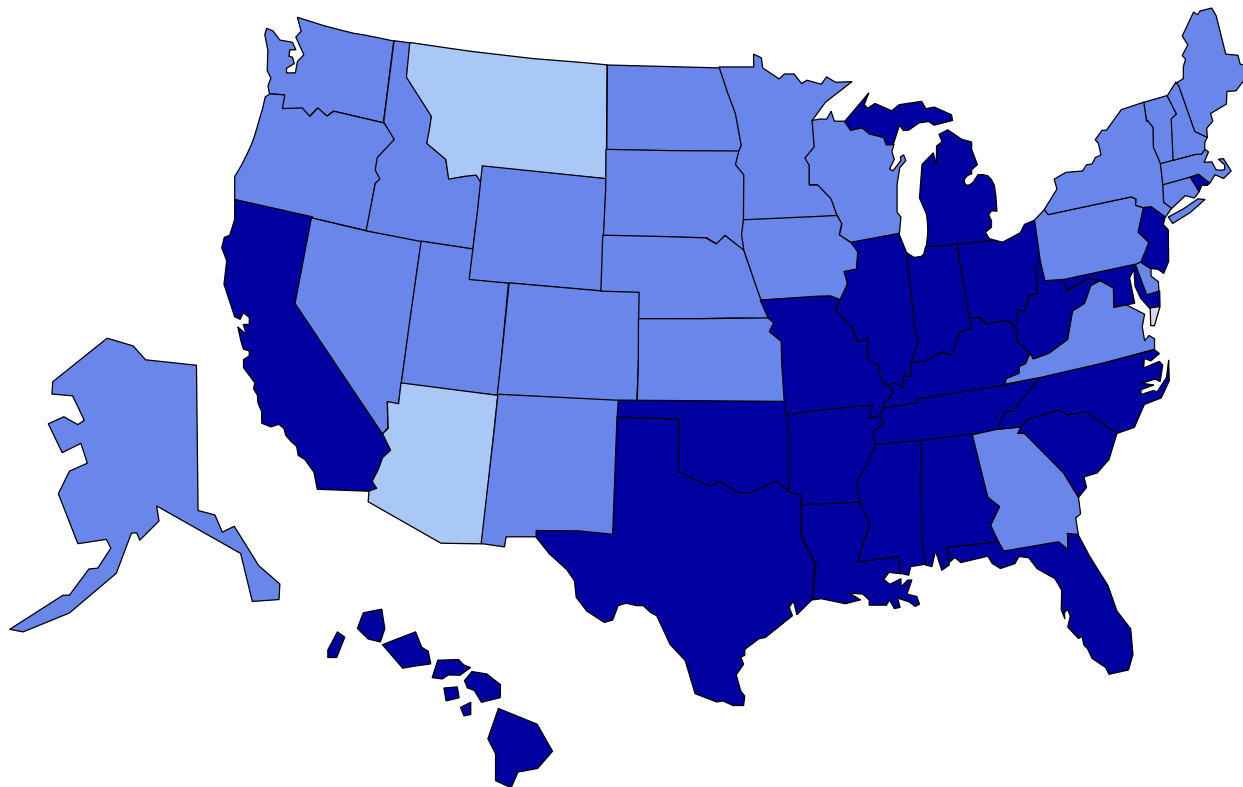


Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83.

Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 1997-98

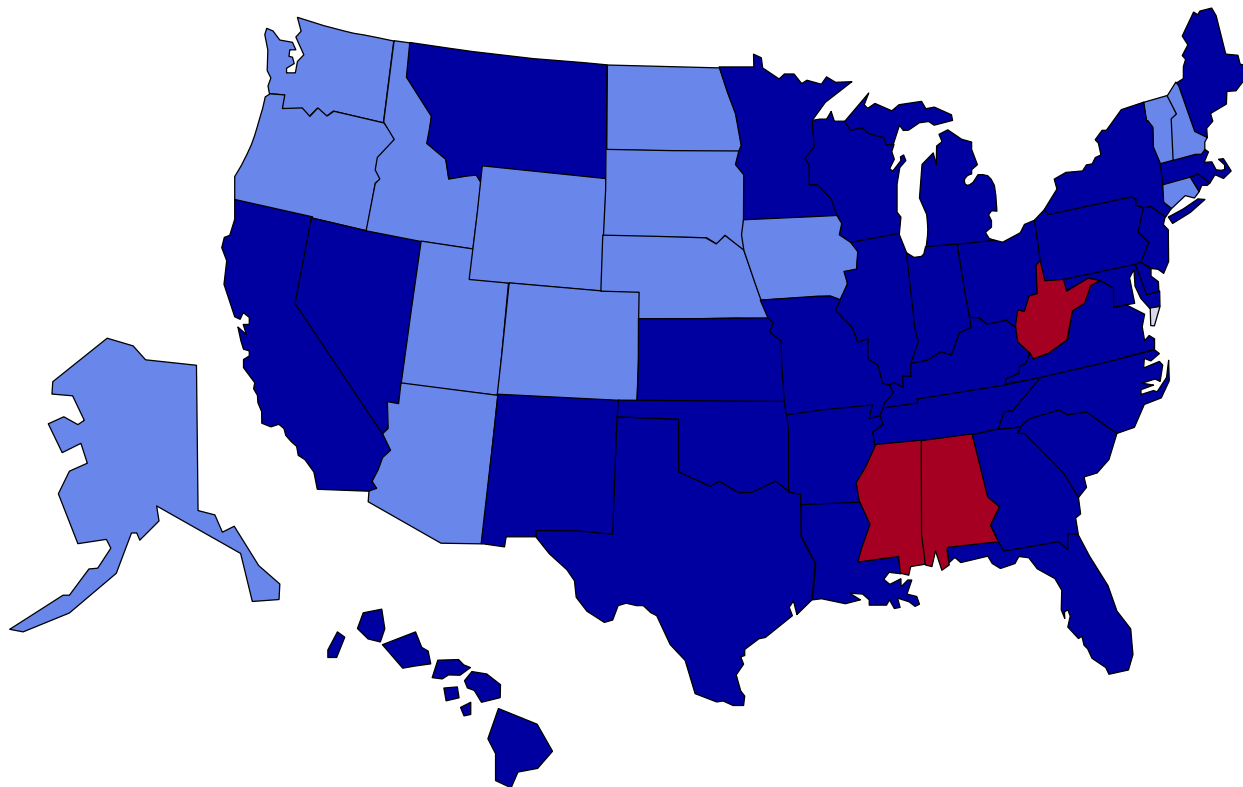


Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83.

Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 1999

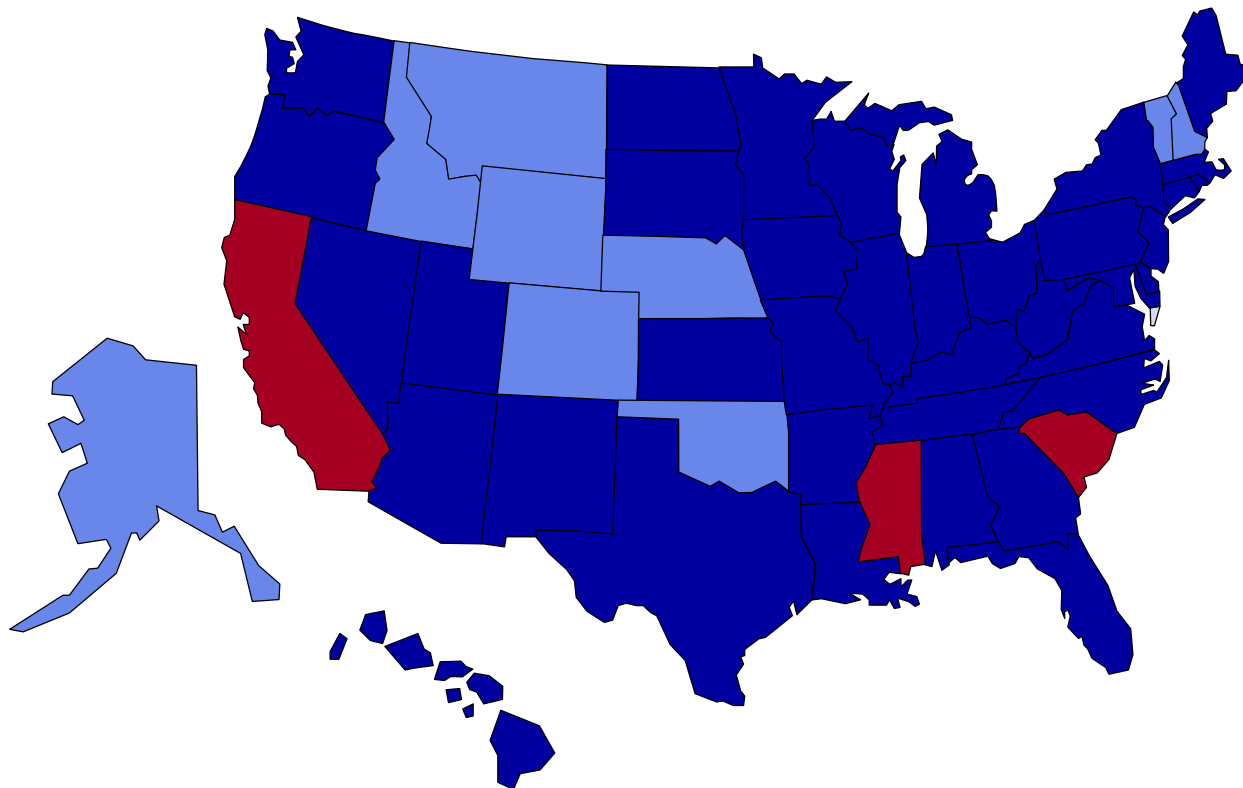


Source: Mokdad et al., *Diabetes Care* 2001;24:412.

Diabetes Trends* Among Adults in the U.S.,

(Includes Gestational Diabetes)

BRFSS 2000

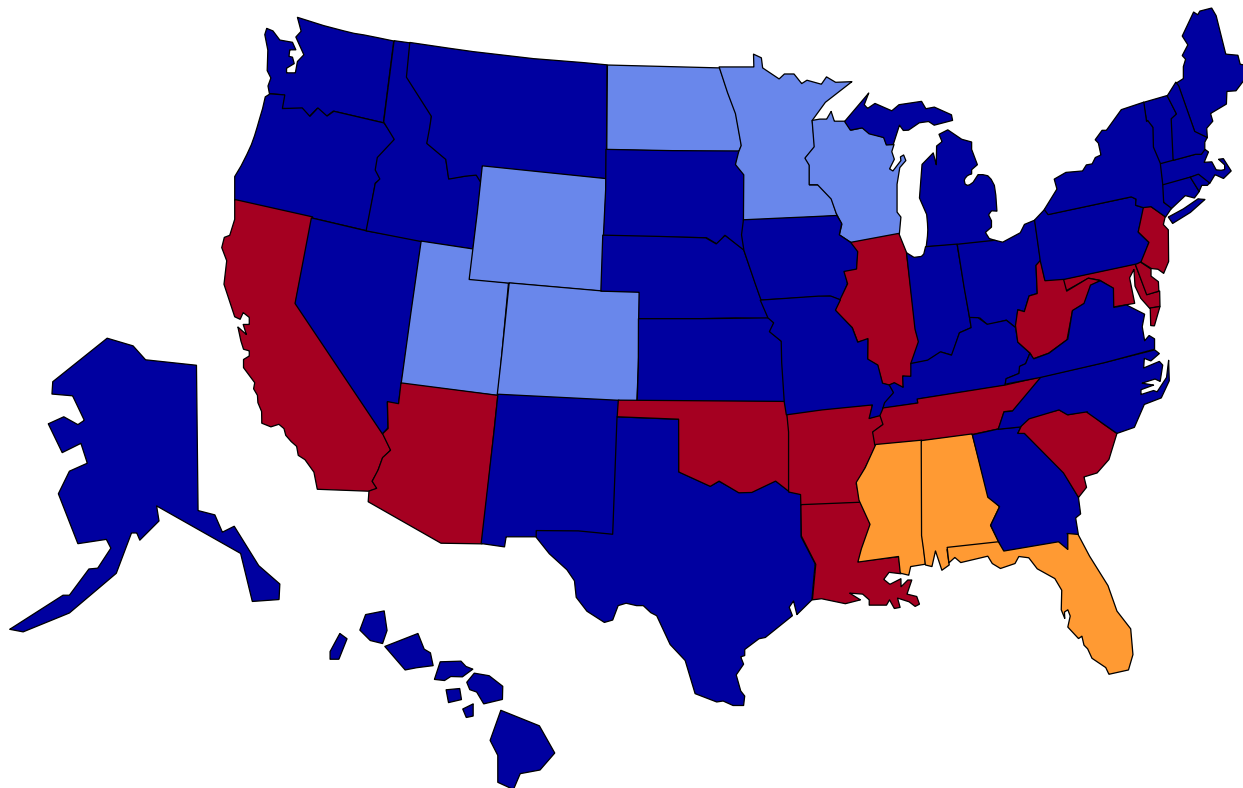


Source: Mokdad et al., *J Am Med Assoc* 2001;286:10.

Diabetes Trends* Among Adults in the U.S.,

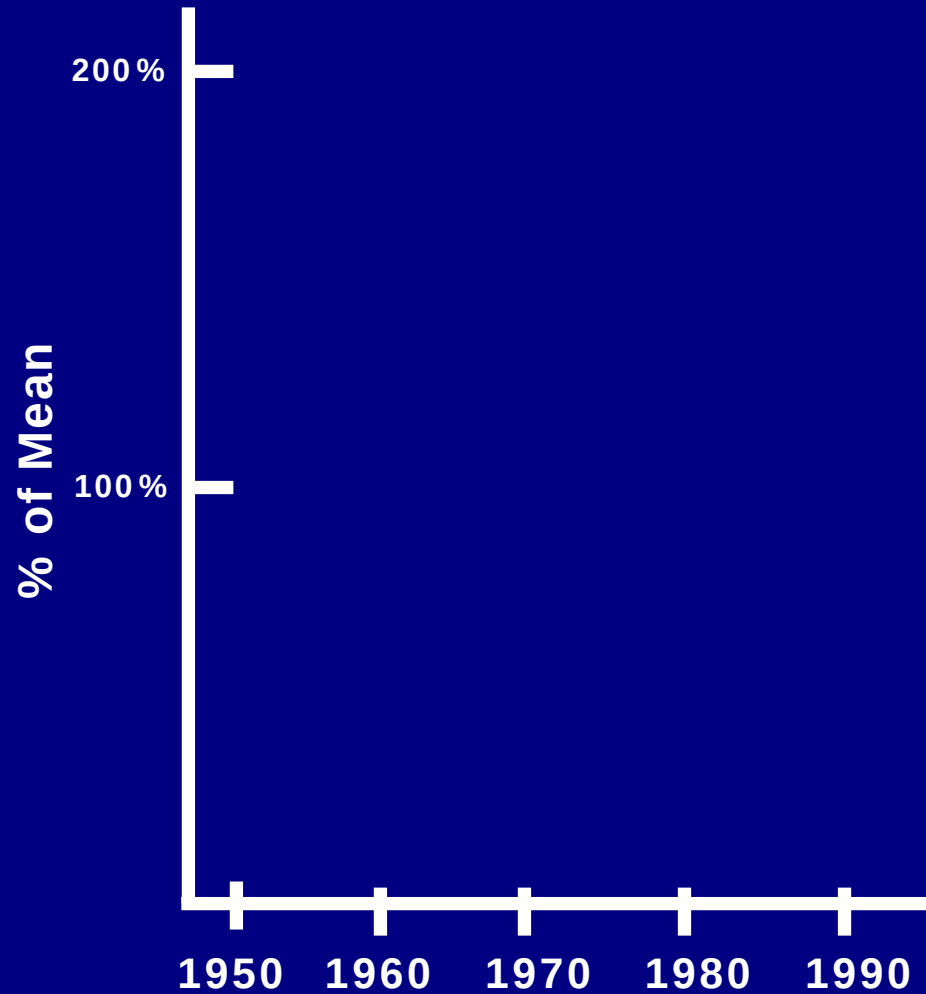
(Includes Gestational Diabetes)

BRFSS 2001

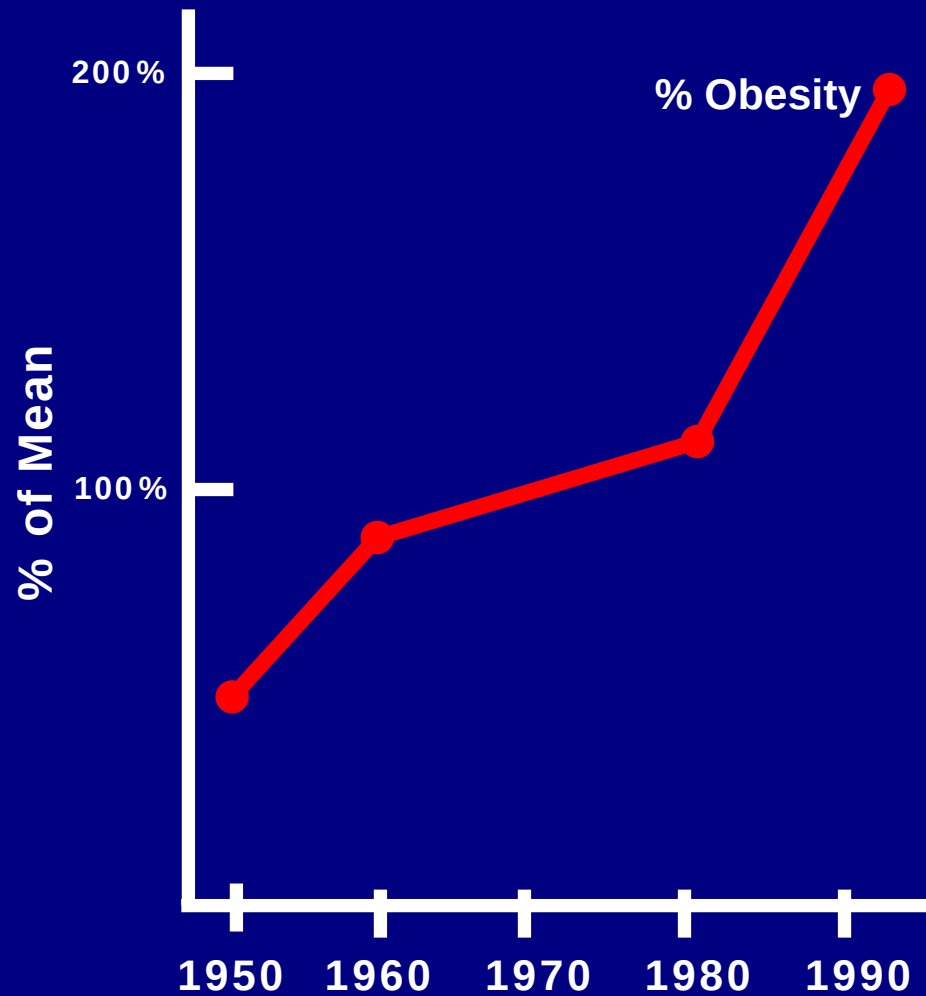


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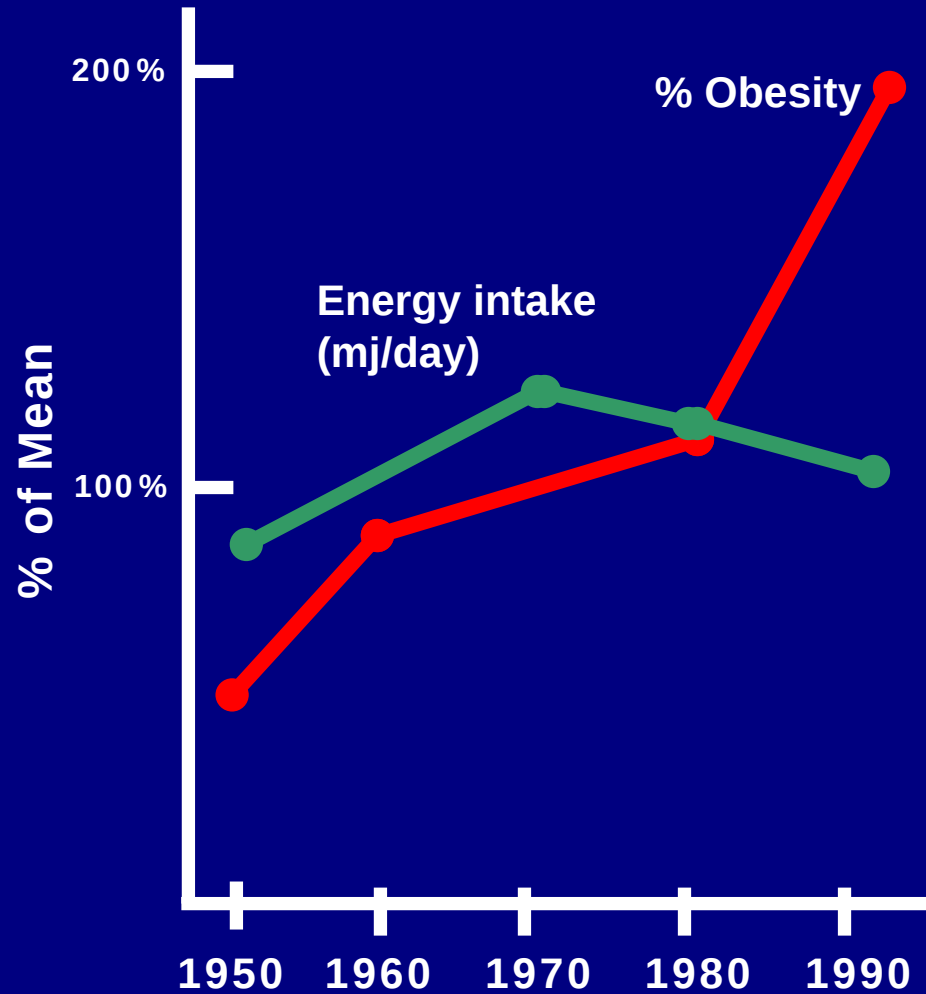
British National Health Survey (BMJ, 1996)



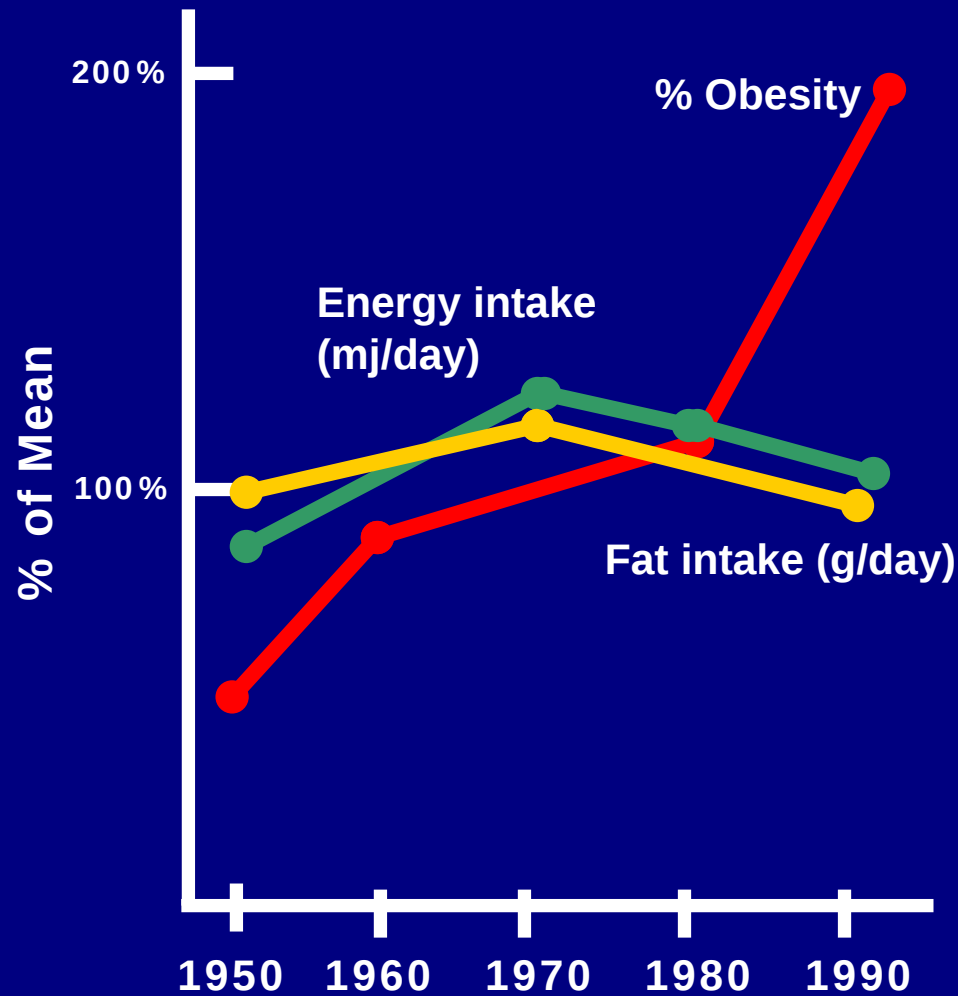
British National Health Survey (BMJ, 1996)



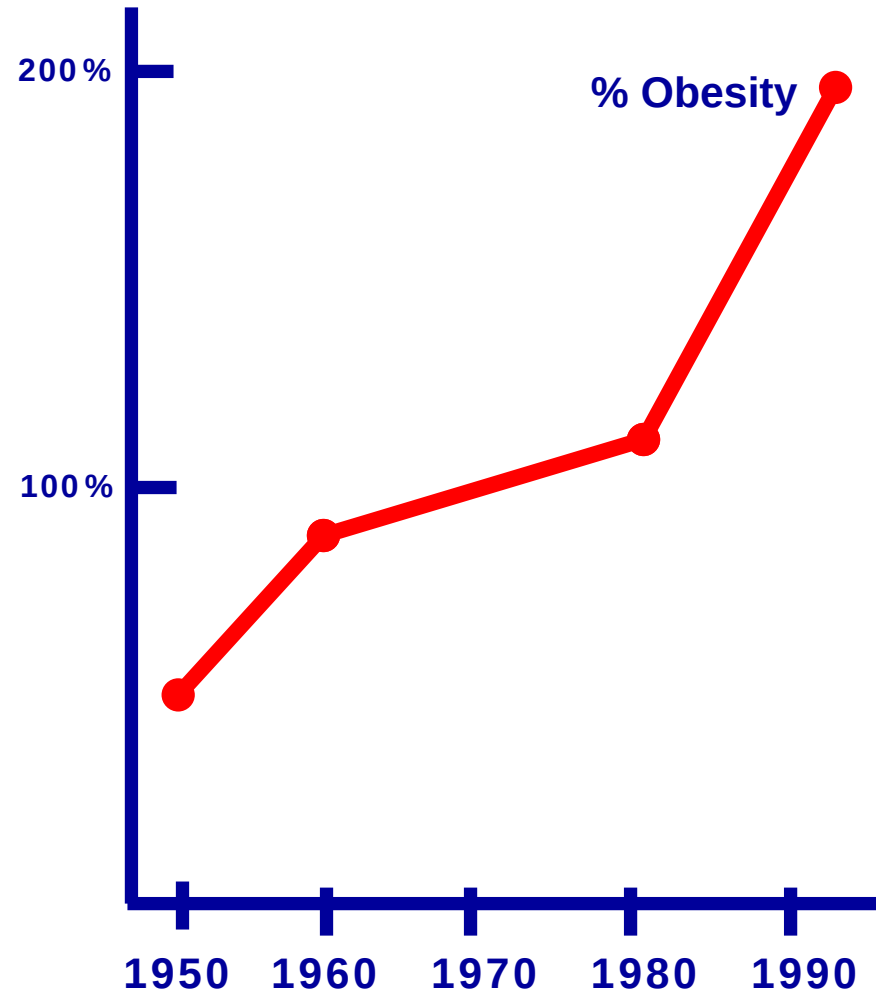
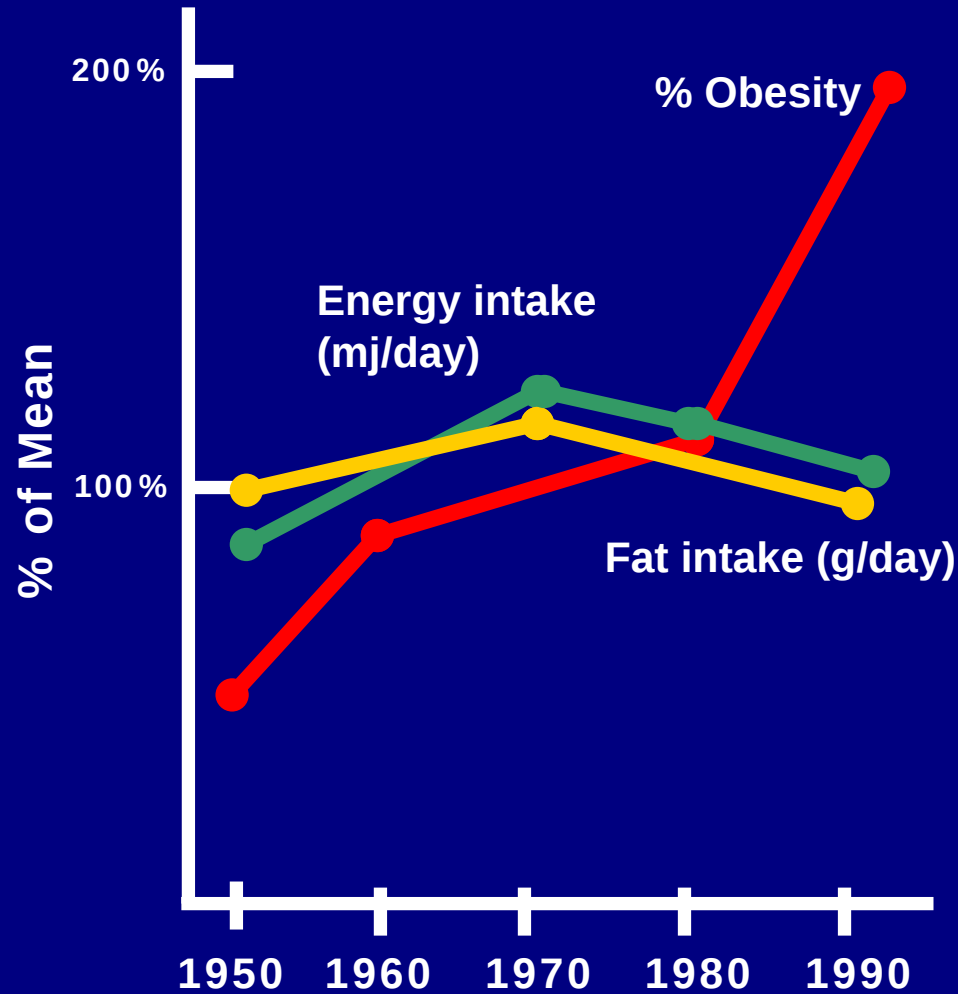
British National Health Survey (BMJ, 1996)



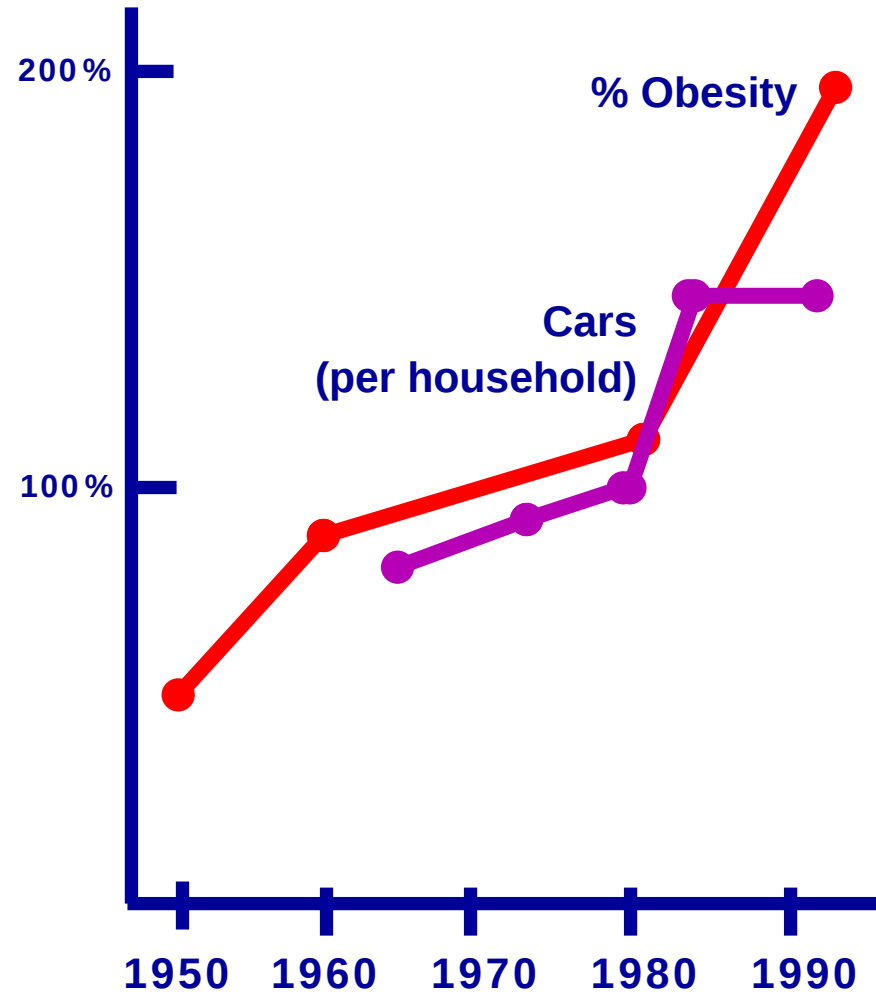
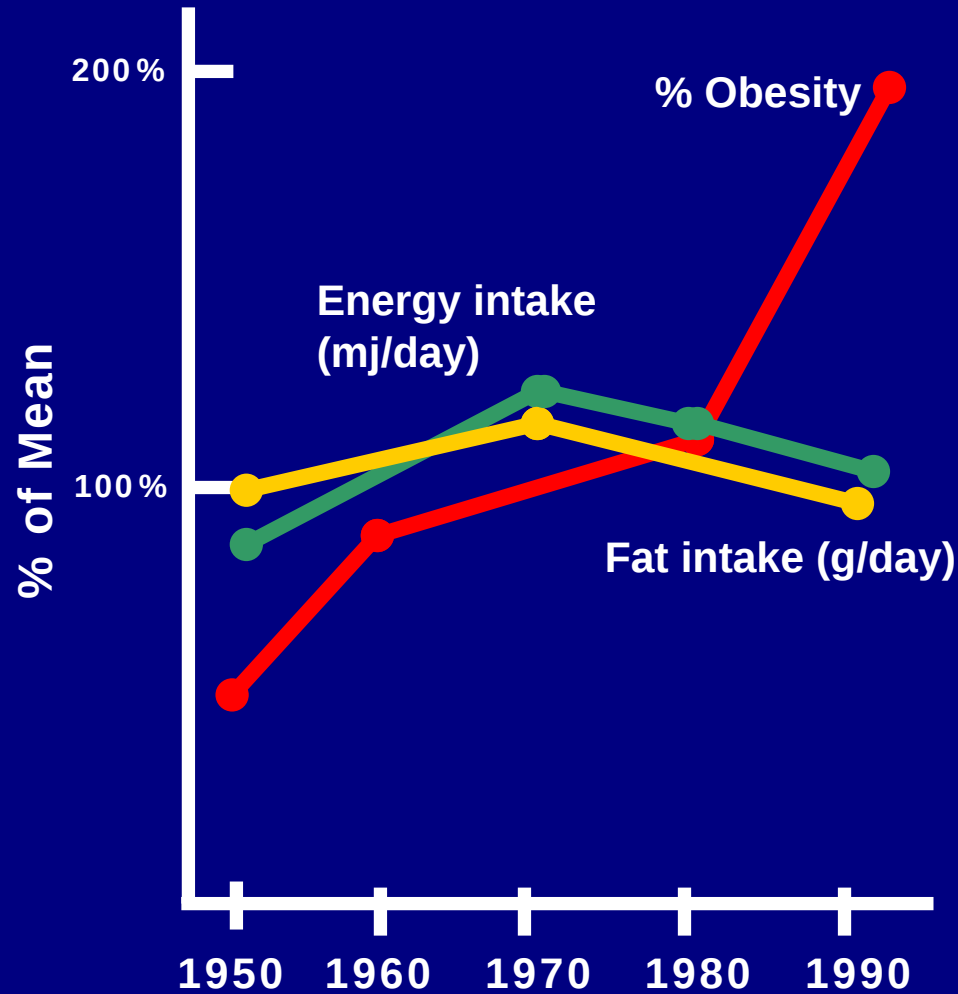
British National Health Survey (BMJ, 1996)



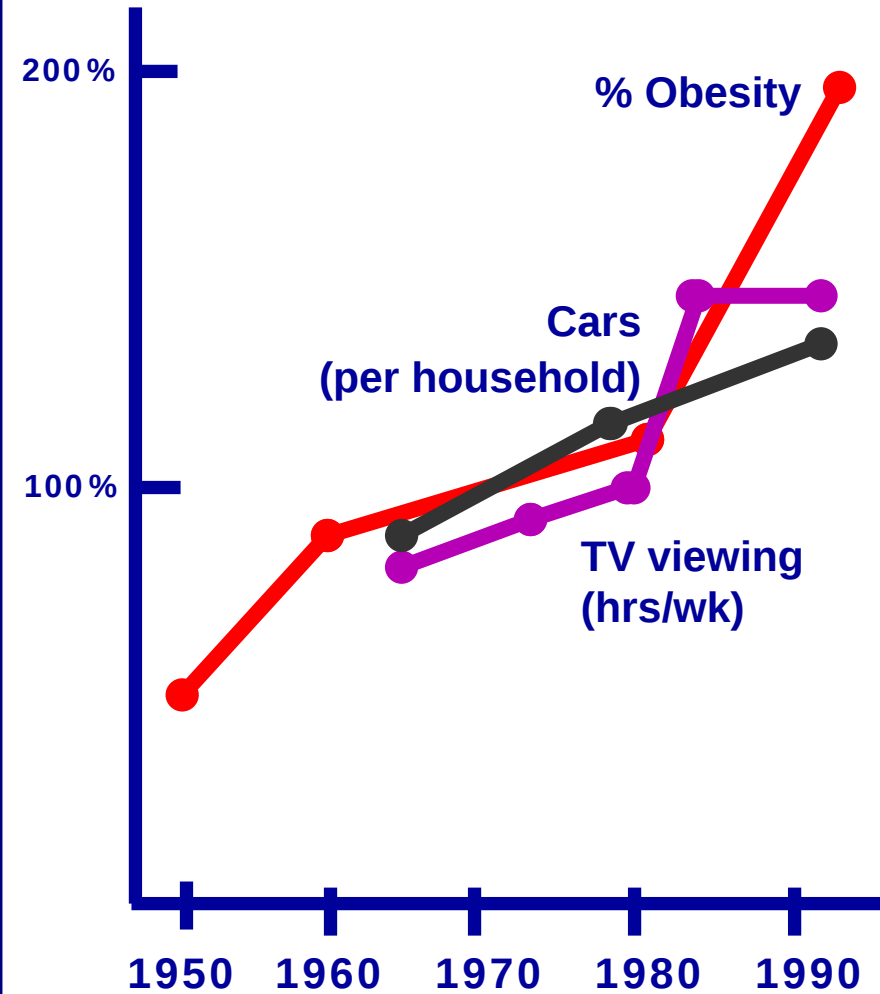
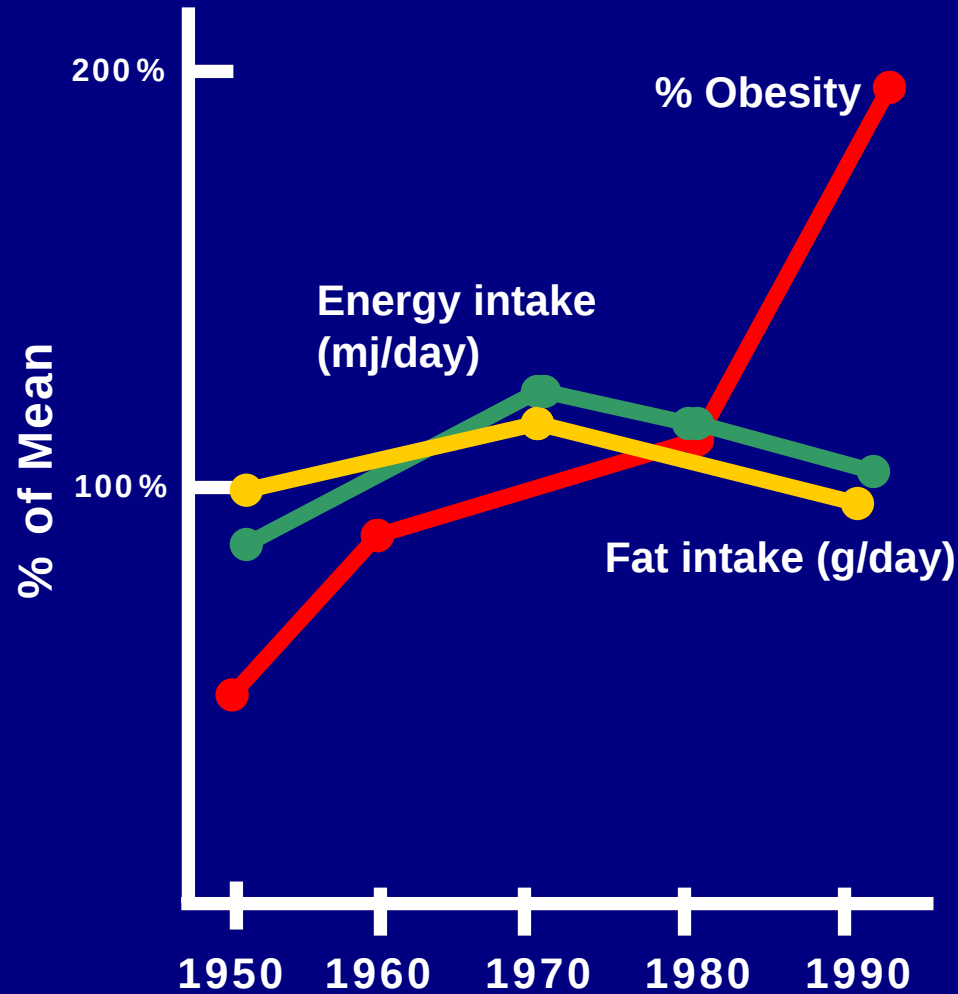
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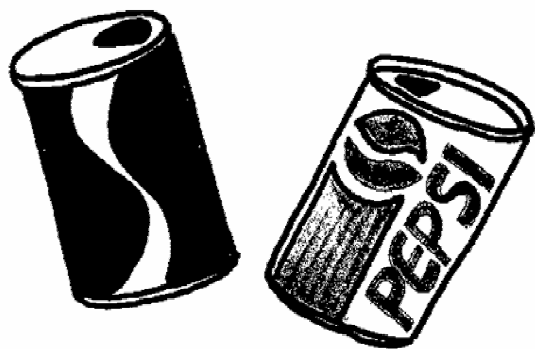
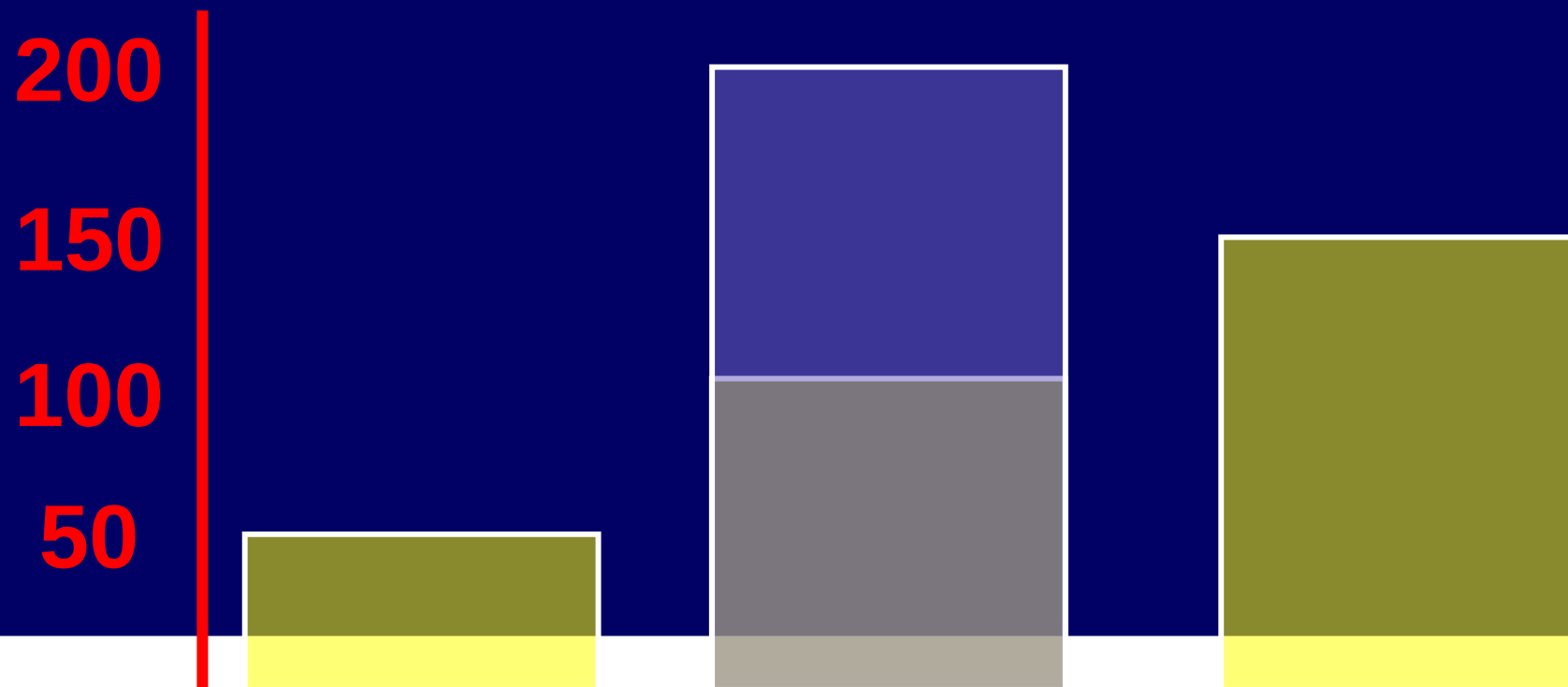


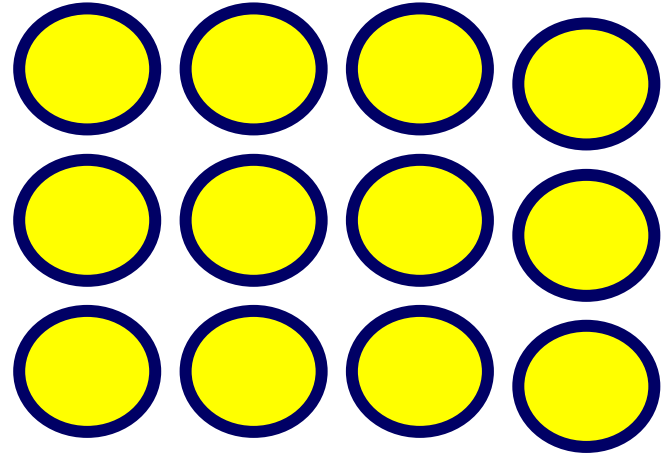


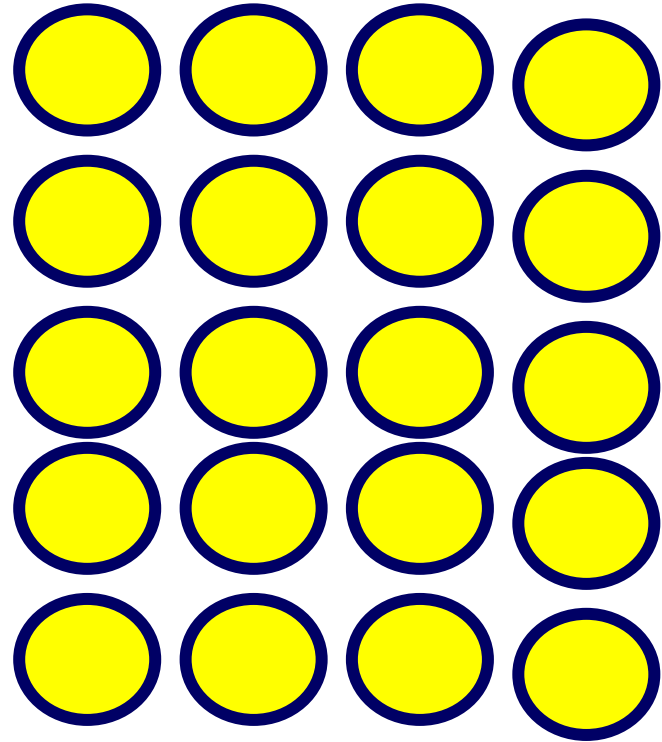


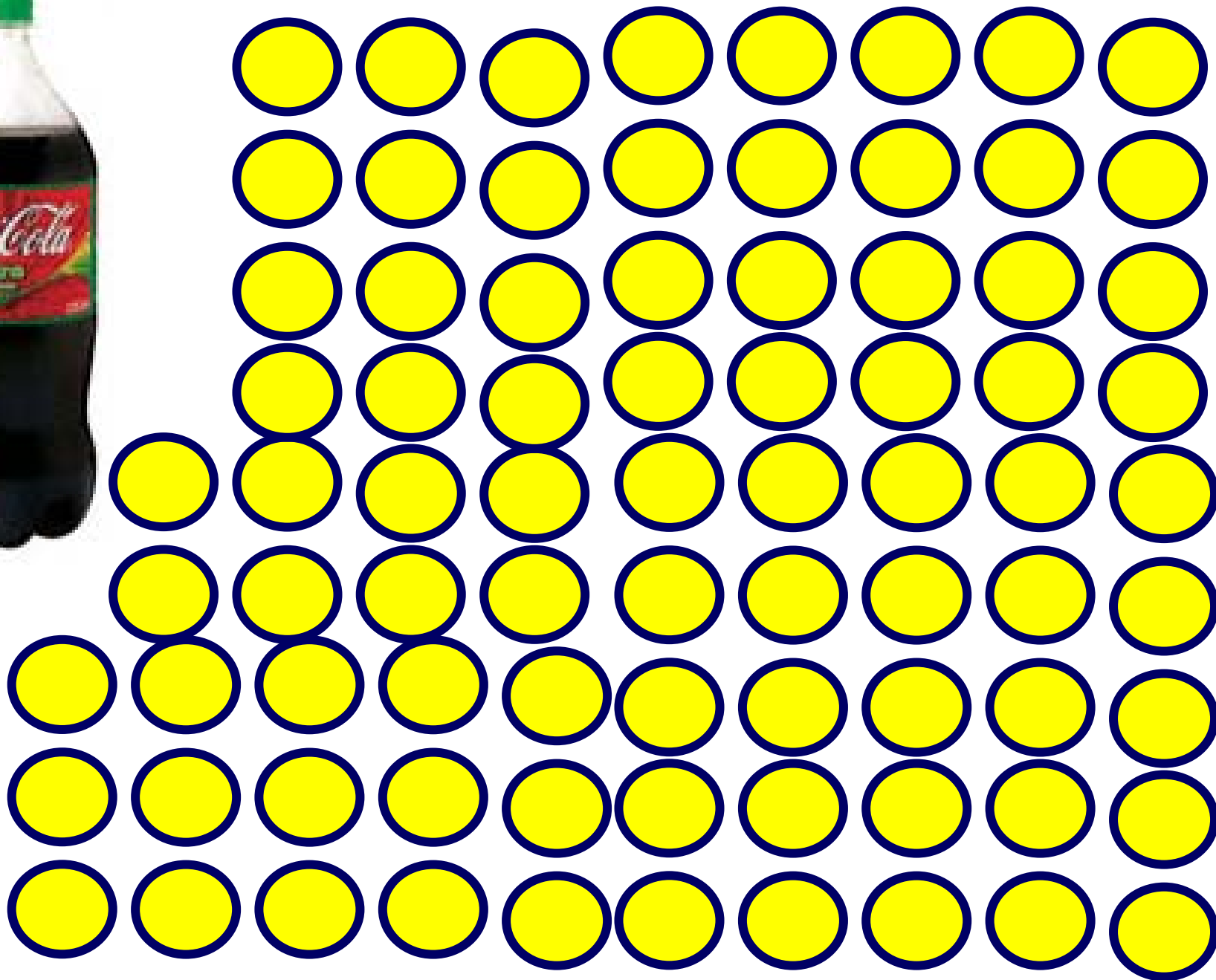
Inactivity Risks

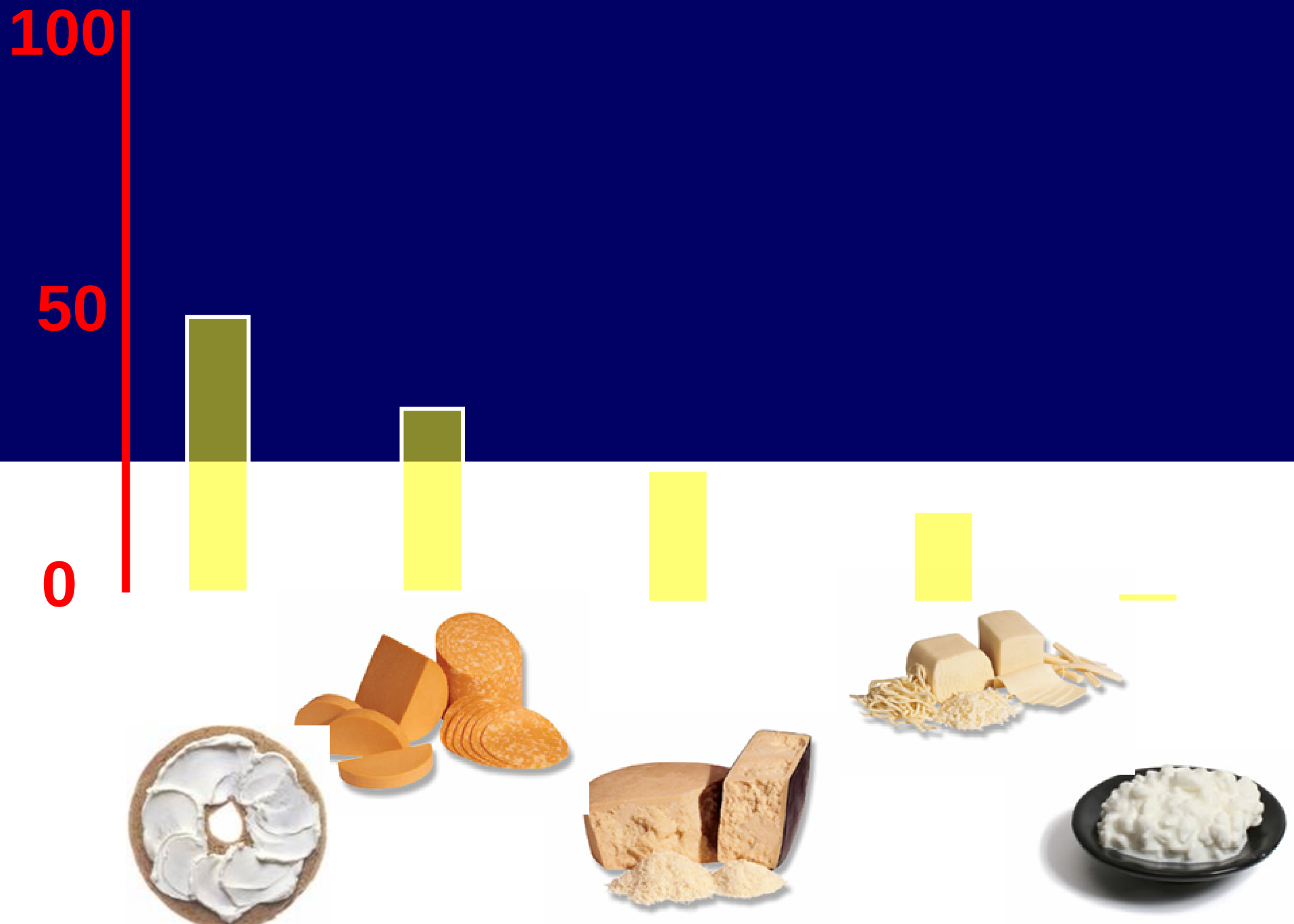
- Heart Disease
- Obesity
- High Blood Pressure
- Diabetes
- **Osteoporosis**
- **Depression, stress and anxiety**
- Some forms of Cancer
- Premature Death







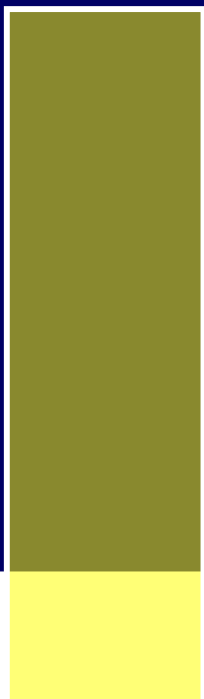




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Solvitur ambulando
solve it whilst walking

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AND NUTRITION RESEARCH

Health
& Human
PERFORMANCE