**Zaina Rabadi 8F**

***Reflection Sheet***

What did I learn about?

I learned that being obese is very bad for your mental and physical health also it will affect your appearance. Obesity isn’t just a cosmetic concern, it is a medical problem that causes a lot of diseases that will lead to diabetes, high blood pressure, heart diseases and certain cancers.

To overcome obesity, you have to consider working with professional trainers towards your goal and altering your diet and lifestyle choices. So making people aware of how to live a better lifestyle can reduce the chances of obesity.

 The Teammates and what did they participate in?

1. Zaina Rabadi (leader): I did the research for all the information that is needed for the topic Obesity for the power point for the global and English. Also the flyer for the business.
2. Zain Attiyat: Zain drew the flyer and made the global and English power point.
3. Nadine Hannoush: Nadine wrote everything in the flyer and helped me with the research.