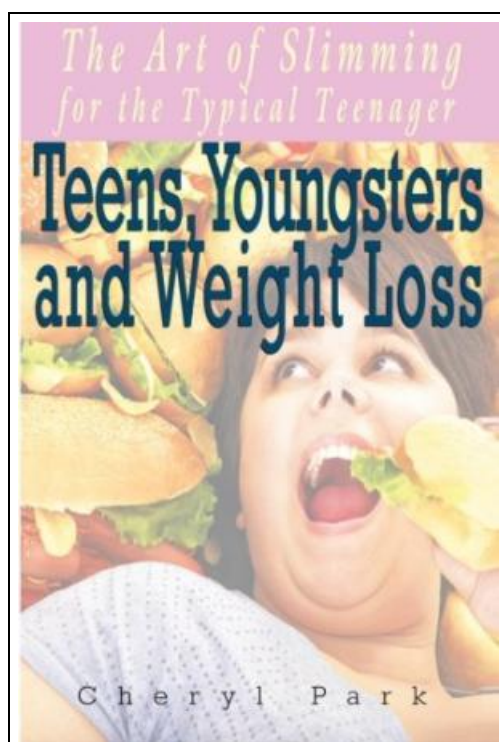


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TEENS, YOUNGSTERS AND WEIGHT LOSS: THE ART OF SLIMMING FOR THE TYPICAL TEENAGER (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Although teenagers might have less weight-related health problems than adults, those teenagers who are obese now, are be more likely to grow to be overweight as an adult. Teens that are overweight are at risk from a number of different health issues. Those teenagers who are obese may find they are not only physically unfit, but their well being is quite low. Overweight kids will tend to have a shorter life expectancy than those who are at the best weight for their body type. It can likewise lead to social impairments and misery, which in turn may cause them anxiety and in some instances, may make them psychologically ill too. Here Is A Preview Of What You ll Discover In This Book. The Family Inactivity Genetics Psychological Issues For Being Overweight How Teens Can Lose Weight Quickly and Safely Parenting Your Overweight Teen and Improving Their Self Esteem Assessing The Health Of Your Child And Whether They Are Obese Physical Activities As A Family Helping Teens Lose Weight Speak to your Teens Unrealistic Self Image Resist Quick Fixes Increase The Amount Of Exercise Your Teen Does Eat Breakfast Snack Carefully Watch The Portions Of Food They Have Each Meal Check The Calories In The Beverages They Have Let Them Have The Periodic Treat Ways Of Getting The Entire Family Involved Be Positive In Your Attitude When Helping Your Teenager To Reduce Weight Benefits of Weight Loss Products Daily Multivitamins Vegetables and fruit Supplements A Parent Should Not Worry AND MORE.



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