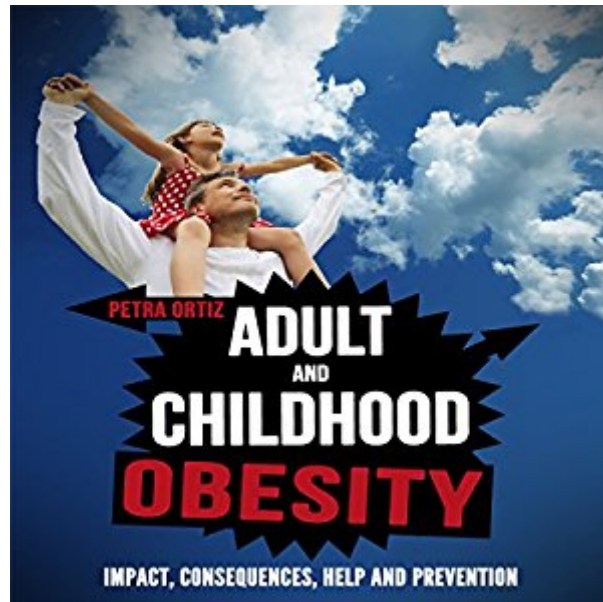


The book was found

Adult And Childhood Obesity: Impact, Consequences, Help And Prevention



Synopsis

Are you ready to get yourself and or your child out of the clutches of obesity for good? This audiobook provides detailed information to help the obese, and their parents, to prevent and deal with obesity in children. Includes information on what parents can do now to prevent obesity, and how to help an already obese child, including 8 steps to making changes 'now'.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 38 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Petra Ortiz

Audible.com Release Date: October 16, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00OL8IER8

Best Sellers Rank: #109 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics
#817 in Books > Audible Audiobooks > Health, Mind & Body > Health #1210 in Books > Audible Audiobooks > Science > Medicine

Customer Reviews

Obesity is an ongoing and increasing concern in societies, and especially so in the US. According to the Centers for Disease Control, from 1980 to 2012 the number of obese children, ages 6 to 11, increased from 7% to 18%, and the number of obese teens ages 12 to 19, increased from 5% to 21%. This means that 31.8% adolescents and children are either overweight or obese. If we look at the numbers, it's clear that we have to be very aware of what our children are eating and how we can either prevent obesity or work towards helping them lose weight. As the book states, obesity not only has physical consequences, but also emotional and psychological implications.

Unfortunately, it is still a social stigma and it is not uncommon to be the object of bullying just for being obese. In *Adult and Childhood Obesity: Impact, Consequences, Help and Prevention*, author Petra Ortiz describes in detail every aspect that a parent or adult should know about obesity. The book is very well researched and includes just the right amount of statistical data, as well as weight loss options that range from behaviours, nutrition, as well as fitness and exercise plans. It even covers some of the surgery options available. In all, it is not only a book for those that wish to

overcome obesity, but also for any concerned parent or adult that wished to prevent obesity and lead a healthy life.

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