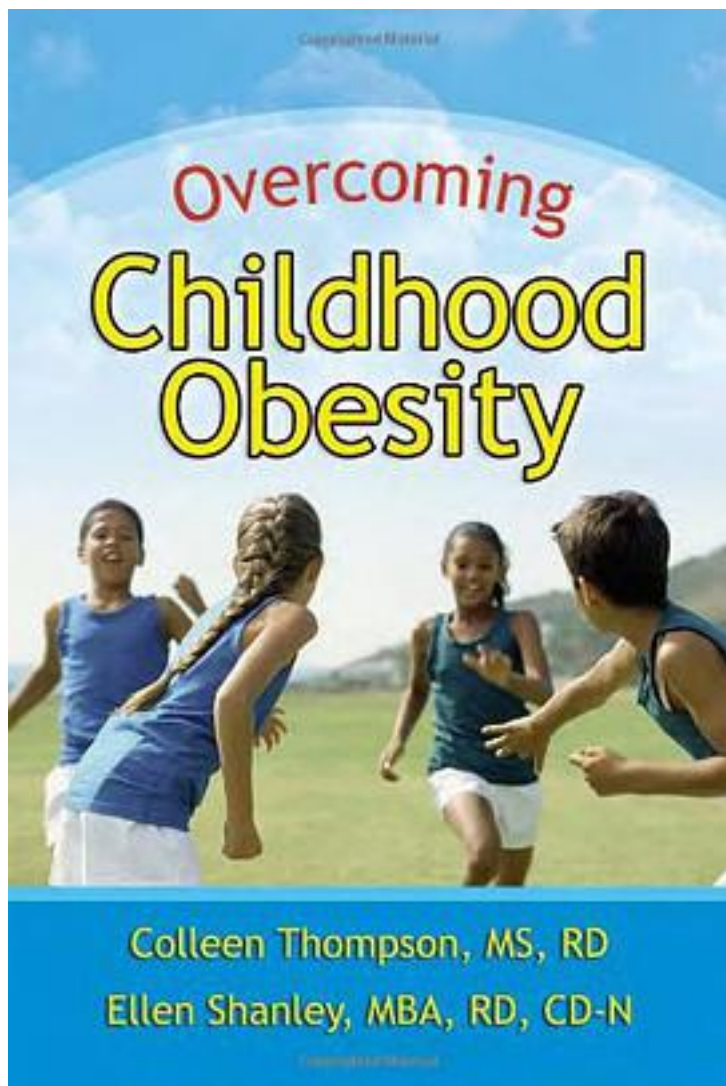


Overcoming Childhood Obesity



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The focus of this book is on the prevention of obesity at various stages of a child's life from infancy to the teenage years. It also recognises the family unit as the key means of providing support and motivation to children struggling with obesity. From family walks, to family bike rides, family food shopping, and family meal preparation-getting kids and their parents up and moving, working together to choose and prepare healthy meals, can be the beginning of life-long healthy change. Making fundamental moves in eating behaviours and lifestyle, even in the busiest of lives, can produce gradual results that can last a lifetime.

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