



Living with Obesity (Teen's Guides)

Nicolas Stettler

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More than 9 million young people between the ages of 6 and 19 - comprising nearly 17 per cent of the population - are considered overweight or obese, according to the Centers for Disease Control and Prevention. Written in clear, straightforward language, "Living with Obesity" provides teens with the information they need to understand obesity and its treatments. This practical new guide discusses changing behaviors in order to achieve a healthy lifestyle, long-term approaches for achieving and maintaining weight, strategies for dealing with obesity in daily life, paying for care, and more. Loaded with helpful sidebars, a glossary, index, and appendixes, this resource is a must-have guide for teens struggling with their weight.

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