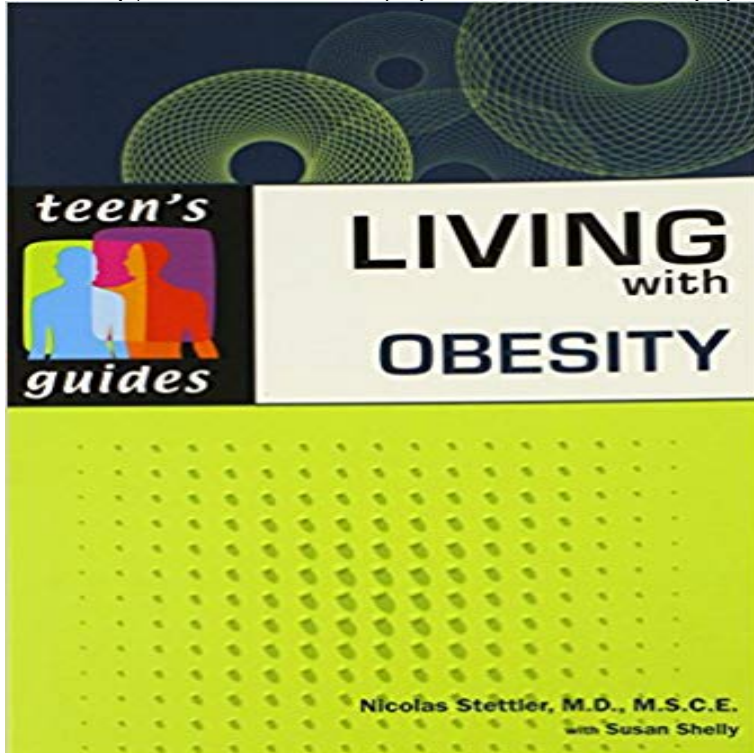


## Living with Obesity (Teens Guides) (Teens Guides (Paper))



More than 9 million young people between the ages of 6 and 19 are considered overweight or obese - comprising nearly 17 percent of the population, according to the National Institutes of Health. Obesity is a medical problem that can be treated with diet changes and increased activity in order to achieve an energy balance. 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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