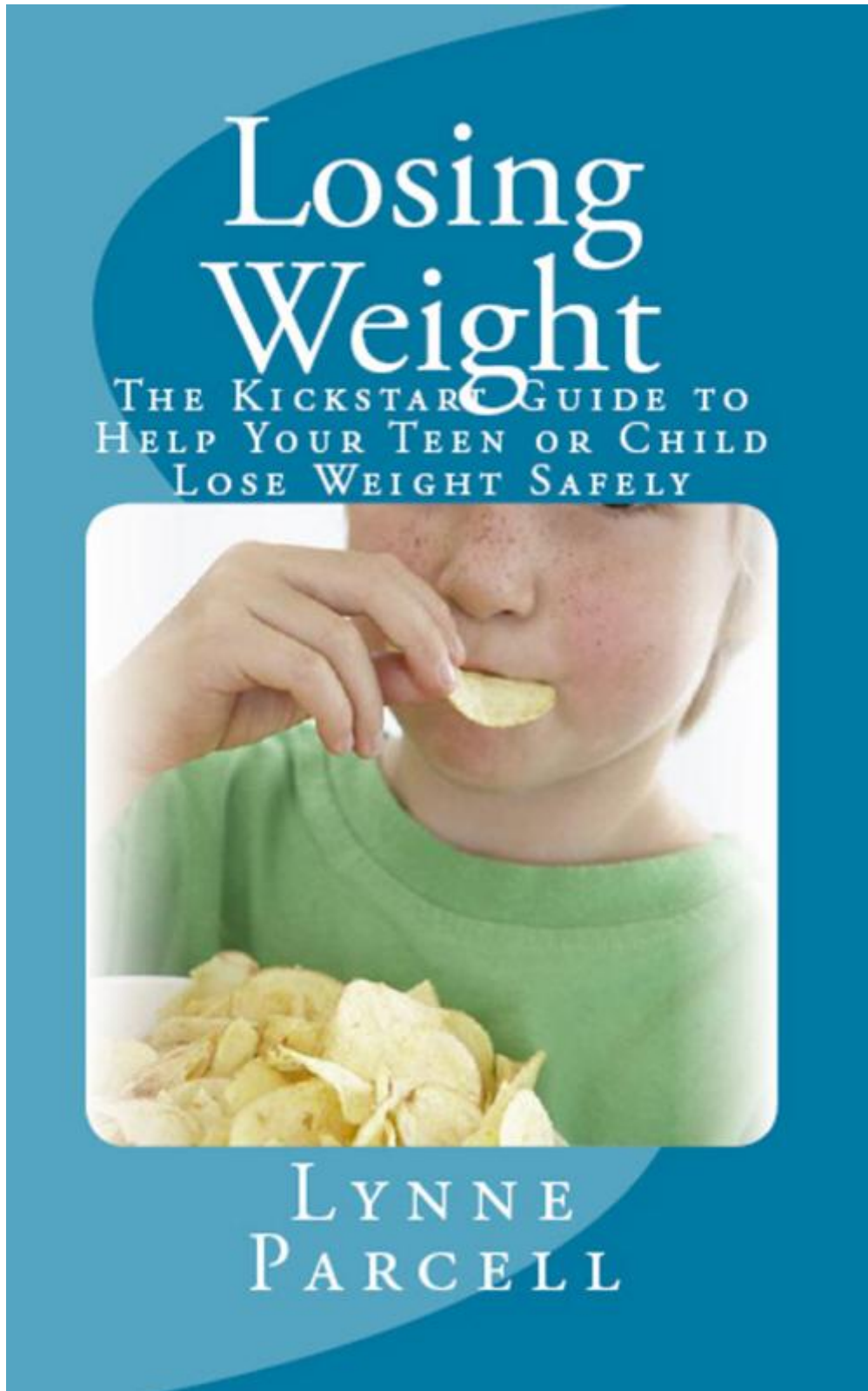


# Losing Weight: The Kickstart Guide To Help Your Teen Or Child



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Obesity is defined as having an excessive accumulation of body fat which will result in the persons body being about 20 heavier than their ideal body weight. So those people whose weight is above what is considered their ideal range, are defined as being overweight. Obesity is a common eating disorder that is associated with teens. A program has to be followed to develop the habit of eating properly that goes along with healthy activities and daily routines. There has to be exercise and movements instead of continuous confinement at home during non-school days. So, in this book, we will look at ways in which those teens, who wish to lose weight, can do so safely. Discover: Tips for safe weight loss How to help your child lose weight Rules to follow when losing weight And more

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