



**Childhood Obesity Prevention and Treatment Approaches: Every Parent can Help their Child Lose Weight and have a Happy Healthy Life, Starting TODAY!**

*Wayne C. Weeks*

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## **Childhood Obesity Prevention and Treatment Approaches: Every Parent can Help their Child Lose Weight and have a Happy Healthy Life, Starting TODAY!** Wayne C. Weeks

Childhood obesity is an enormous problem throughout the modern world. Technology has taken over our children and they are focused on devices rather than moving around. For the health of the kids, we need to reverse this and get them healthy, and instill in them healthy habits that will last a lifetime. The time to start is now! Waiting may make it not possible to help them as we should. There is no doubt that the single most important aspect of helping the kids is the parents. Parents CAN make an enormous difference... and isn't that our jobs? Is that not what we signed up for when we decided to have children? We can do it, but we need a road map. This book is that road map. This book will cover such things as:

Analysis of the Issue

Home Food Environment

Dieting

Psychology

Approaching Exercise

The Growing Obesity Crisis

Weight Loss Approaches

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