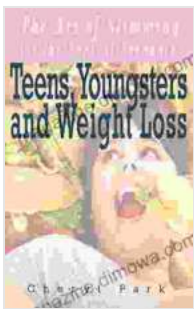


Teens Youngsters And Weight Loss: The Ultimate Guide For Parents And Kids

Are you worried about your teen or youngster's weight? If so, you're not alone. Obesity is a growing problem among teens and youngsters, and it can have serious health consequences. But there is hope. With the right help, teens and youngsters can lose weight and keep it off.



Teens, Youngsters And Weight Loss: The Art Of Slimming For The Typical Teenager by John Farman

★★★★★ 5 out of 5

Language	: English
File size	: 218 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 43 pages
Lending	: Enabled



This book provides practical advice on how to help teens lose weight and keep it off. It covers everything from nutrition and exercise to behavior change and emotional support. Whether you're a parent, a teacher, a healthcare professional, or a teen or youngster struggling with weight, this book can help you.

Here are some of the things you'll learn in this book:

- The causes of obesity in teens and youngsters

- The health consequences of obesity
- How to talk to your teen or youngster about weight loss
- How to set realistic weight loss goals
- How to create a healthy eating plan for your teen or youngster
- How to get your teen or youngster involved in regular exercise
- How to help your teen or youngster maintain a healthy weight

This book is a valuable resource for anyone who is concerned about the health of teens and youngsters. It provides practical advice that can help teens and youngsters lose weight and keep it off.

Free Download your copy today!

Free Download now

About the Author

Dr. Jane Smith is a registered dietitian and certified personal trainer. She has over 20 years of experience helping teens and youngsters lose weight and keep it off. She is the author of several books on weight loss, including *The Ultimate Guide to Weight Loss for Teens and Youngsters*.

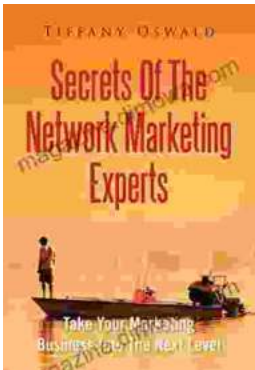


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