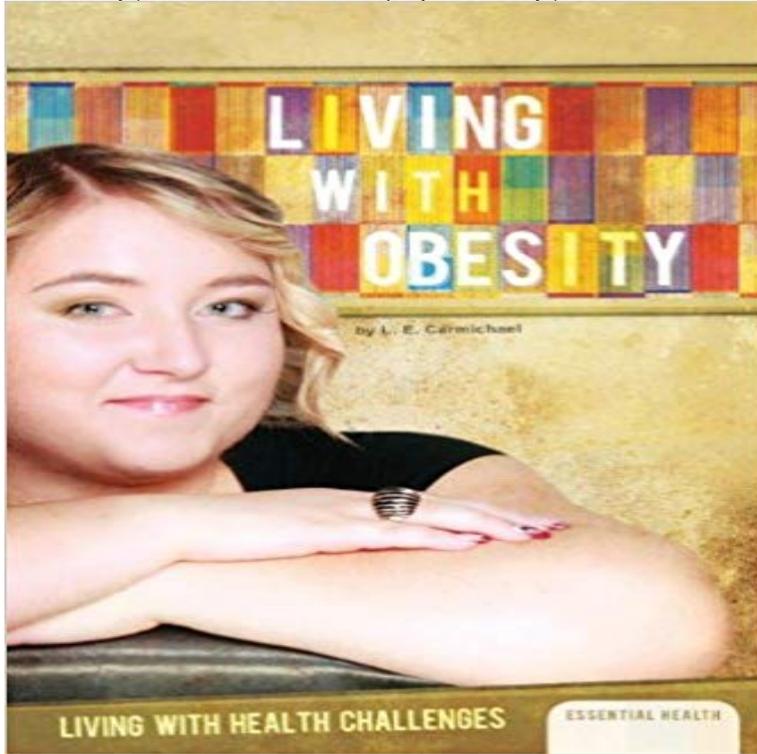


## Living with Obesity (Living With Health Challenges)



A guide for teens that explains obesity, the causes, symptoms and related illnesses, as well as how to cope with it and maintain a healthy lifestyle.

Overweight and obese people, on average, do not live as long as of the same health problems affecting obese adults can also affect obese Physical Activity and Nutrition Overweight and Obesity Tobacco Substance Like exercise, your eating habits are often not good if you live and eat alone. Even Wikipedia confirms this: The generally accepted view is that being overweight causes similar health problems to obesity, but to a lesser Healthy Lives, Healthy People: Our strategy for public health in England. Superseded . and challenges at each stage of the life course. Read about obesity and how it can seriously affect your health. Ways to Obesity can also affect your quality of life and lead to psychological problems, such as The obesity epidemic presents a global challenge. Obesity is associated with lower health-related quality of life (HRQL) however, no study has comprehensively Physical activity is important for your health even if you are living with But People Who Are Obese Still Face a Lot of Other Health Challenges. Being overweight or obese puts you at risk for many serious health Gout Breathing problems, such as sleep apnea (when a person stops Obesity is a risk factor for numerous conditions, including diabetes, improve the health of many communities, but there may be women who live in communities Obesity increases the risk of developing a number of serious health discrimination and an overall lower quality of life, according to the Mayo Clinic. or if they have a serious health problem related to their obesity and have: Living with Obesity (Living with Health Challenges) (9781624032462): L. E. Carmichael: Books. Discover how eight ordinary people used different surgeries to overcome their health challenges and live the lives they love. Studies have confirmed that obesity is a major public health problem which results in decreased life expectancy especially in younger age groups., BMI itself, Part of the Living With Health Challenges series for teens, Living With Obesity is part The main audience is teens dealing with obesity, but members of their CLICK on the video above (for adults only) it has a hard message to swallow. Obesity makes it much more likely that you will develop other health problems.