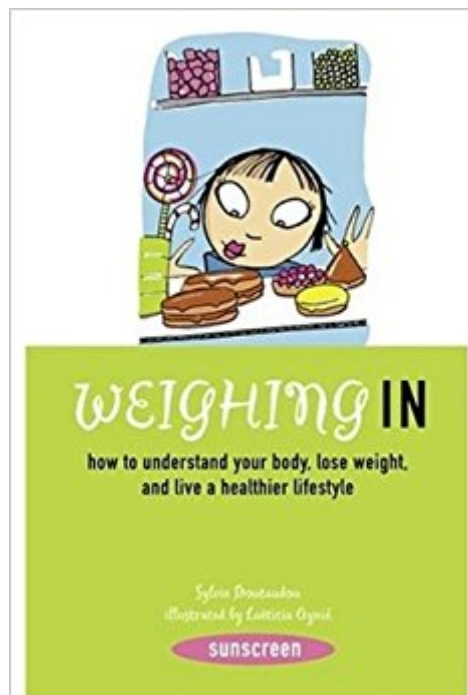




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# Weighing In: How To Understand Your Body, Lose Weight, And Live A Healthier Lifestyle (Sunscreen)



## Synopsis

Written with candor and humor, the Sunscreen series offers preteens and teens advice on the topics that interest them most in a compact, highly illustrated paperback that fits conveniently in a purse, backpack, or messenger bag. Not too glib and not overly serious, the Sunscreen books deliver just the right information, and the freedom and protection that come with it. Weight and body image is perhaps the most popular issue facing teens and pre-teens today. Due to the unrealistic expectations of weight and beauty, promoted on TV, in films, and in magazines, most kids are unhappy with their bodies and are in need of a healthy way to go about making life changes. This Sunscreen book gives advice on ways to get help if teens are struggling with their bodies by talking to their parents about their diet, seeing a dietician, and encouraging exercise or other fun, active pastimes. It also shows kids how to calculate their Body Mass Index (BMI) to see if they really are overweight and need to make healthy changes. This title also gives good tips on dealing with peer pressures, teasing, and fitting in for those who are feeling left out or alienated because of their weight.

## Book Information

Series: Sunscreen

Paperback: 112 pages

Publisher: Sunscreen (May 1, 2006)

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Product Dimensions: 5.5 x 0.5 x 8.8 inches

Shipping Weight: 9.1 ounces

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and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)  
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