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Obesity and Fitness: 76 (Issues Today)

Cara Acred

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'I'm not overweight, I'm just big boned' – fact or fiction? With so many myths flying around about obesity, it is important to know more about this modern day epidemic and how to start tackling the dangers of being overweight. This book explores the causes and impacts of obesity, alongside the concepts of fitness and staying healthy. With British people being classed as among the laziest in Europe and parents too scared to talk to their children about weight problems, it is vital that we confront these issues. The information inside comes from a variety of sources, including newspapers, magazines, government reports and charity groups; providing different perspectives on challenging topics. At the end of each chapter is a selection of activities, designed to encourage interaction, literacy and critical thinking. Content is accessible and engaging, tailored primarily towards the 11 to 14 age group

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