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PHYSICAL ACTIVITY,
FITNESS, NUTRITION
AND OBESITY DURING
GROWTH



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Physical Activity, Fitness, Nutrition and Obesity During Growth

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About the eBook

Changes of dietary intake imbalanced with energy needs of growing children since earliest periods of life pose an inherent risk of obesity coupled with deteriorating health effects. Increasing body mass index (BMI) and excessive adiposity, along with decreasing physical fitness resulting from reduced physical activity predispose children and adolescents towards obesity later in their adult life. A suitable lifestyle including proper physical activity regimes and exercises of adequate character, intensity, regularity and frequency has been shown to prevent or reduce undesirable body fatness and accompanying functional and health risks. This eBook focuses on research findings and recommendations to mitigate obesity risks since early growth stages.

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Knight of the Legion of Honour, France

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