

# Childhood Obesity: A Comprehensive Guide for Parents

By Brigitte Pregonzer

Childhood obesity is a serious issue that affects millions of children around the world. It is a major risk factor for a number of chronic diseases, including heart disease, stroke, type 2 diabetes, and cancer. Obese children are also more likely to experience bullying, depression, and low self-esteem.



**Obesity (Healthy Kids)** by Brigitte Pregonzer

★ ★ ★ ★ ★ 5 out of 5

Language : English

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Screen Reader : Supported

Print length : 24 pages



The good news is that childhood obesity is preventable and treatable. With the right help, children can achieve a healthy weight and maintain it for life.

In her book, *Childhood Obesity: A Comprehensive Guide for Parents*, Brigitte Pregonzer provides parents with everything they need to know about childhood obesity, including:

- The causes of childhood obesity
- The health risks associated with childhood obesity

- How to prevent childhood obesity
- How to treat childhood obesity

Pregenzer's book is packed with practical tips, expert advice, and inspiring stories. It is a must-read for parents who are concerned about their child's weight.

### **What Parents Are Saying**

"This book is a lifesaver! I've been struggling to help my child lose weight, and this book has given me the tools and information I need to finally make a difference." - Amy, mother of two

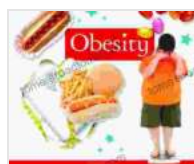
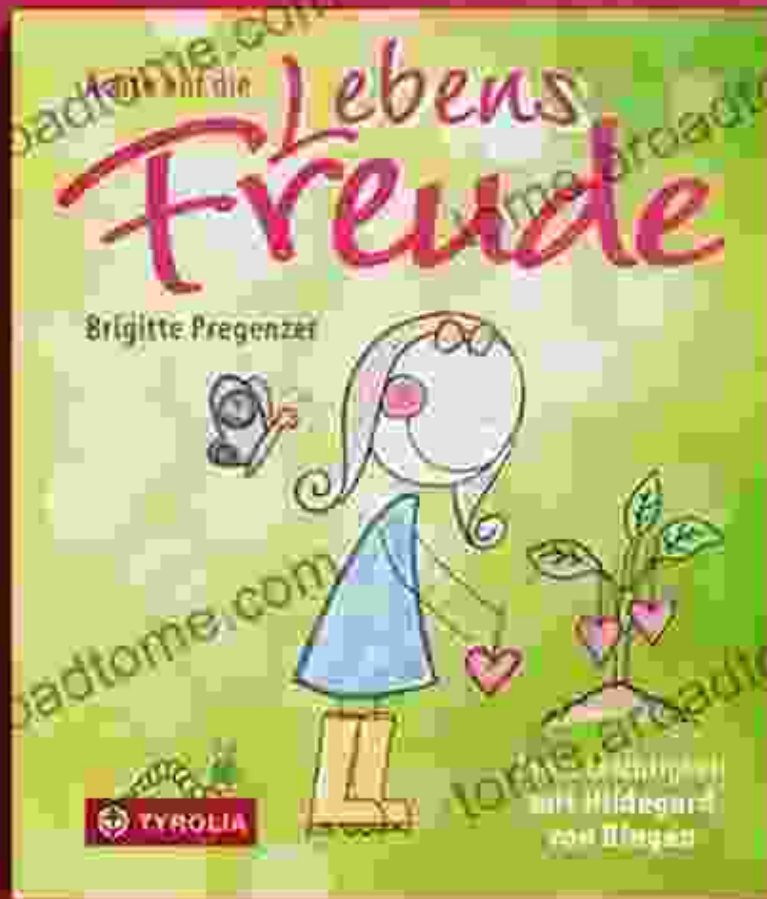
"I'm so grateful for this book! It has helped me understand the causes of childhood obesity and how to prevent it. I'm now confident that I can help my child achieve a healthy weight." - Sarah, mother of three

### **About the Author**

Brigitte Pregenzer is a registered dietitian and certified personal trainer with over 20 years of experience in the field of childhood obesity. She is the founder of the Pregenzer Center for Childhood Obesity, a leading provider of weight loss programs for children and adolescents. Pregenzer is also a frequent speaker and media contributor on the topic of childhood obesity.

### **Free Download Your Copy Today**

Childhood Obesity: A Comprehensive Guide for Parents is available now on Our Book Library.com. Free Download your copy today and start helping your child achieve a healthy weight.



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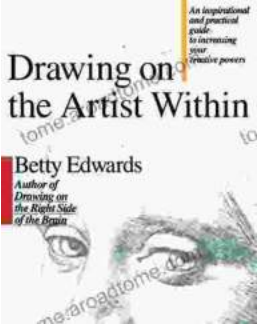
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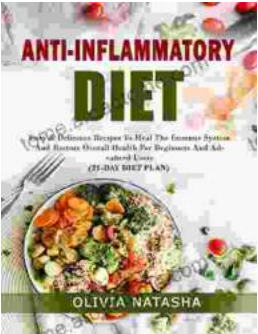
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