



# **Guide To Help Teenagers Lose Weight**

(Ways to Ensure That They Lose  
Weight Safely and Without Any  
Adverse Problems)

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# Introduction

Since the late 1990's, there has been a dramatic increase in obesity in Americans, regardless of age, according to information collected and analyzed by the National Center for Health Statistics.

Almost 9 million (15%) children between the ages of 6 and 19 are overweight, and this number is still growing according to information gathered between 1999 and 2000 (triple the number of 1980). The information has also shown that another 15% of children between the ages of 6 and 19 are at risk of becoming overweight also.

Obesity is defined as having an excessive accumulation of body fat which will result in the person's body being about 20% heavier than their ideal body weight. So those people whose weight is above what is considered their ideal range, are defined as being overweight. Obesity is a common eating disorder that is associated with teens.

Although teens may have fewer weight related health issues than adults, those teens that are overweight now are much more likely to become overweight as an adult. Teens who are overweight (in fact people of all ages that are overweight) are at risk from a number of different health issues, and these include:

1. Heart Disease
2. Diabetes
3. High Blood Pressure
4. Strokes
5. Some forms of Cancer

Those teens who are obese may find that they are not only physically unfit, but their well being is usually very low as well. Many obese people will also tend to have a shorter life expectancy than those who are the right weight for their body size. Plus, it can also lead to social disabilities and unhappiness, which in turn may cause them stress and in some cases, may make them mentally ill as well.

A study that was carried and details which were released in May 2004 suggested that overweight children are more likely to be involved in bullying than those children who are a normal weight. But they can not only be the victims of bullying, they may be the perpetrators as well.

The development of their own personal identity and body image is an important goal for any teenager.

There are a number of causes for obesity which center around an imbalance in the teens energy they put into their bodies, (calories that they obtain from the food they eat) and the energy they release from their bodies (how good their metabolism is, and how much physical activity they take part in). Often teens when a teen is overweight, it is because there is a problem with the nutritional value of their diet, or it may be psychological, familial or physiological, all of which we will discuss a little bit more.

### **The Family**

Often children and teens are more at risk of becoming overweight if they have two overweight parents. Although in some cases, this may be due to a powerful genetic factor, or it may be because they are modeling themselves after what they see

their parents eating. Also physical activities, if any, they take part in, can indirectly affect the teen.

### **In Activity**

On average, an American child will spend several hours each day watching television or on a computer. Compare this to years ago, when this time would have been spent doing some form of physical activity instead. There are a large amount of teens and children who are now overweight, as they are expending little energy, and often eat high calorie snacks while watching TV or playing on the computer. Today in the US, about 1/3 of elementary school children carry out some form of physical education, and less than 1/5 take part in physical activity programs after school.

### **Heredity**

Recently, information has shown that heredity can influence fatness in a child and teen. It was found that children born to overweight mothers have been found to be less active, and often gain more weight by the age of 3 months compared to those children born to mothers who are a normal weight, which suggests a possible inborn drive to conserve energy.

In this book, we will look at various ways in which help can be provided to overweight teens, and how they can lose weight successfully without them resorting to fad diets etc.

# Chapter 1 –

## **Psychological Issues for Teens Relating to Being Overweight**

For many overweight teens, their physical health and well being are the least of their problems. Much more relevant is the teasing and abuse they receive from their peers at school and near where they live. For many, it is not only what others think of them that is upsetting, but it is what they actually think of themselves. A good percentage of teenagers (especially girls) are clinically depressed because they are so preoccupied with their weight. It does not help that in every model or every actress you see, and that people tend to aspire to be, are usually stick thin.

There is evidence now amounting to just how much pressure is being placed on obese teenagers. A recent survey reveals that these kids rate the quality of life they have as low as that of young cancer patients while they are having chemotherapy. There are other studies which have been carried out that report increased rates of depression, low self esteem and isolation from other members of their age group, which can result in behavioral problems in some. These teenagers are less likely to be accepted into higher education (college) or to get married, and are more likely to be part of the lower socioeconomic groups.

What is worse is that many overweight teens will be hard on themselves, and will often be mistreated by

others. A study carried out in 2001 by Latner and Stunkard finds that this situation, rather than improving, has steadily got worse.

Often, those teens who are overweight can suffer from other problems such as cardiovascular, orthopedic, gastrointestinal, respiratory, hormonal, neurological and metabolic diseases (diabetes). These can often manifest themselves through psychological problems, and you may then have to ask for assistance from a trained professional in order to deal with them.

Today in the US, there are some weight loss programs for kids which are residential, and combine psychological therapy with behavior change therapy in order to improve the teens self esteem as well as their physical health.

So, during this book, we will look at ways in which those teens, who wish to lose weight, can do so safely.



## Chapter 2 –

# Parenting Your Overweight Teen and Improving Their Self Esteem

Today, approximately 15% of children between the ages of 6 and 19 are either overweight or obese (which is a 10% increase since 1970). In fact, there are now more than 9 million youngsters who are at risk from suffering some impaired life due to high blood pressure, high cholesterol levels or Type 2 Diabetes, as well as having a negative self image of themselves, which will continue as they grow into adulthood.

There have been studies carried out that indicate a child who is obese at the age of 6, will have a 50% chance of becoming obese as an adult. Also, if one or both of the child's parents are overweight, then the chances increase to 80%. These are very sobering and scary statistics for a parent whose child is overweight.

However, there is good news that, with help from the adults in their lives, these children can be helped. They can be taught healthier behaviors, which relate to both their eating habits and improving the physical activity they do, and this will help them to lose the weight.

By helping them become more selective with the types of food that they consume, and increasing the

amount of physical activity that they accomplish, it will only produce positive results.

However, it should be stressed that formal dieting, and especially giving your child a severely restricted diet, should only be attempted with medical approval and the appropriate nutritional supervision. Many pediatricians believe the best course is to try and hold an overweight child's weight at a steady level, and avoid losing large amounts of weight at a time, until such a time as their height is at a healthier proportion to their weight.

The following 4 steps will not only help to facilitate healthier eating habits, but will also increase the amount of physical activity that they do.

### **1. Assessing the Health of Your Child and whether they are overweight**

Before you make any personal or environmental changes in your teen's life, take a few minutes to survey what your home life is like. Do you allow them to lead a sedentary life, and are they given plenty of chances to over eat at any time? If you do, then it is important that you bring any changes in to these areas of their life gradually.

First, look at just how many hours your teen spends either watching TV, or sitting at their computer. A teen can spend up to 24 hours a week watching TV. Log any time that they spend doing either, watching TV or on the computer, and try to reduce this by half.

When you have meals, does your family gather around a table, or do you eat most of your meals sitting in front of the TV or computer? If you do, then

try and make it a family rule that, in the future, all food (including snacks) will be eaten in the kitchen or in the dining room at a table. Such a small change has been shown to significantly reduce the amount of over eating that takes place in the home.

Next, you will need to take a close look at your fridge and food cupboards. Which foods do you have that you are most likely to eat when hunger hits you? If the foods are high in fat, sweetened or low in nutritional value, then why not try to find healthier alternatives instead, such as fresh fruit and vegetables?

## **2. Do Not Shame your Child into Losing Weight**

Neither adults nor children can be shamed into losing weight, and an overweight teen will know that they weigh too much. But what a teen does not know, is how they can achieve a normal weight, as well as increase their self esteem. Teens like to know that their parents love them unconditionally, whether they are fat, thin or normal.

For any parent, mastering the fine art of loving our children just the way they are, while helping them to achieve a healthier body can be difficult. Any parent must learn to "give time" and believe that the lessons we teach them will one day come to fruition.

This means that we can teach our youngsters to visualize that healthy plate (one which is half salad or vegetables, a quarter of starches and the remainder are made up of protein such as fish, meat, poultry or soy). But you also know that at some point, they will sneak either sweets or cookies into the home, and upset the balance that you have achieved.

A parent can persist in teaching their teens to see their plate before any food is put on it. This is helpful, as it creates a sense of portion control that is helpful when the parent is not around to monitor what food they are actually having. This portion control can also be practiced not just at home, but when visiting a restaurant as well.

### **3. Take up some type of Physical Activity as a Family**

The recommended amount of physical activity to be done by an adult is 30 minutes, and 60 minutes for children, which should be done several times a week. However, if you are looking to lose weight, then more physical activity may be necessary.

A great way of breaking the pattern of the lives that many families lead is to arrange activities that involve plenty of movement for the whole family together. Not only do these types of activities burn calories, they can also serve as a setting for parent and child communication. It is especially important in a child's teen years, when such opportunities for a parent to interact with their teen are at a premium.

Also, there is little or no financial cost involved in going for a walk or having a bike ride, and many communities now have either indoor or outdoor swimming pools which do not cost too much to use. Just taking the family dog for a walk in the evening not only makes the dog happy, but will help to increase the family's metabolism.

### **4. How to encourage the right sort of behavior in your teen**

The best way to help an overweight or obese teen is through your own behavior. Too often, teens will do as an adult does, rather than what we tell them.

No parent can ask their child to turn off the TV when we are actually watching it in another room, or to stop using the computer when they are spending hours themselves surfing the net. Nor should they restrict the portions of food they eat, when they, themselves, do not watch what they are eating. Why would any child want to drink water or munch on fruit or vegetables, when they see the adults around them drinking sugar laden soda or having a bag of potato chips?

When looking to lead a healthier kind of life style, it should be done one day at a time, and the end result will be well worth the effort.

## Chapter 3 –

# Advice for Helping Teens Lose Weight

Losing weight as a teen is far different from losing weight as an adult. Weight loss in a teen depends on their age, the metabolic rate, their eating habits, as well as the type of lifestyle they lead.

For many teens, losing weight is easier than as an adult, as the body burns calories much easier, as well as quicker. Often, teens lead a much more active lifestyle; they enjoy doing exercise, walking, jogging or participating in some form of sport. These types of exercises will only help to boost a teen's metabolism, and also increase the amount of calories that they burn.

Teens could start with one of the many fad diets that are around, but they should only use these for about a week (anything longer will cause damage to their bodies). After a week of using a fad diet, they should then continue on a much more healthy diet regime, and one which allows them to lose weight more slowly (which is the best way to lose weight healthily).

When on a diet, a teen should also lead a more active kind of life; they can do this by exercising whenever possible, or participate in some sporting activity. This is especially important for teenagers, as they are still growing, and they need more food while they are still growing. So they

need to exercise in order to help remove some of the extra calories they are gaining from the extra food they are eating. So, get out and exercise. If they sit around at home watching TV or playing on the computer, they will soon find that their weight has increased.

As a teenager, you have much more energy, so why not put it to good use by taking up exercise or some sports activity. It is best that a teen that plays a sport or does some physical activity, should choose one that they enjoy and will have fun while doing it. The best benefit is that they are not only exercising their bodies, but they will also be burning off the excess fat and calories, and so improving their health.

It is imperative, therefore, for those teens to lead both an active life, and have a healthy diet, in order to achieve maximum performance and productivity. Many teens who lead such lives, find that they are able to do everything they want, and do not suffer from fatigue or weakness when doing things.

## **Chapter 4 –**

# **Some Simple Rules to Follow to Help Teens Lose Weight Safely**

In this chapter, we will look at some simple rules which should be followed as a parent if you wish to help your teen lose weight safely.

The key thing to a teen losing weight is that have much healthier habits. Today, teenage obesity is a growing problem, and there is plenty you can do as a parent in order to help your teen with any weight problems they may have.

Although there is no magic formula to helping your teen lose weight, the real key to succeeding is by helping them to lead a healthier kind of life that they can then carry on into adulthood.

### **1. Talk to your Teen**

If your teen is overweight, then they are probably concerned about it too. Aside from there being long term health issues involved, such as high blood pressure or they may suffer from diabetes, there are also the social and emotional issues involved as well.

Offer your teen the support and gentle understanding that they are looking for, and help them to take control of the problem.



## **2. Unrealistic Images**

For many teenage girls, their weight and how they look can be a very delicate matter, and you should remind them there is no perfect body out there. Remind them that, what might be the right weight for one person, is not the right weight for somebody else.

Instead of talking to them about fat or thin, encourage your teenage to focus on behaviors which will promote a much healthier weight. If you want to, talk to your family doctor, and he will help to set realistic goals for your teenager with regard to body mass index, and the weight they should be based on their age, height and general health.

## **3. Resist Using Quick Fixes in order to lose weight rapidly**

Help your teenager by teaching them how to lose weight, and then keep it off. Many of the fad diets around are likely to rob your teen of essential nutrients, iron and calcium that they need in their diet, as they are still growing.

Don't allow them to take weight loss pills or other quick fixes, as they will not address the root of the problem, and the effects of these types of treatment are short lived.

It is important to remember that only permanent changes in their habits will help the weight they lose to stay away.

## **4. Increase the amount of physical activity your teen does**

Like any adult, a teenager will need to do about 60 minutes of physical activity each day. But this

does not mean that they have to do it all at once. They can, instead, do the activity in short bursts throughout the day in order to help burn off any excess calories or fat.

Team sports, which they do at school or at a local sports hall, are a great way for your teen to get active. However, if your child isn't an athlete, or finds it difficult to participate in certain sports, then encourage them to walk, cycle or skate to and from school, or just to walk a few times around the school before they begin classes. Why not suggest that they spend at least one of each day away from the computer and do something a little more physical (may be you can get them to take the dog for a walk)?

Try and get them to do some household chores, like vacuuming or washing the car, as they have aerobic benefits as well.

## **5. Ensure that your teen has Breakfast**

If you have a teenager who finds that it's too difficult to get up, try to get them up a little earlier than normal in order for them to have some breakfast. How many times have you heard people say "breakfast is the most important meal of the day"? A good nutritious breakfast will help jump start their day AND their metabolism, and will provide them with the energy they need to face the day ahead. You may also find that it stops them from eating too much during the rest of the day as well.

If your teen is not keen on high fiber cereal or whole wheat toast, then why not suggest they eat what was left over from the night before. You could even suggest a piece of cheese, a small handful of nuts and a piece of fruit instead, as

they will be just as good for them, and do the same job as the cereal or toast does.

#### **6. If your teen snacks, teach them to snack wisely**

It may be difficult for your teenage child to make healthy choices when they are at school, as often the hallways are lined with vending machines, but it is possible. Why not try and encourage them to replace even one bag of chips each day with a much healthier grab and go option from home, such as frozen grapes, an orange, strawberries or other fresh fruit? They may even like to take some sliced red, orange or yellow peppers, a few cherry tomatoes or baby carrots instead.

#### **7. Watch the Size of the Portions of food that they have each meal**

When it comes to the portions that a teen eats, size really does matter. If you can, encourage your child to cut back and to stop eating when they feel full. You may find that just one slice of pizza, or half the pasta on the plate is enough to make them feel full.

#### **8. Look at the Calories in the drinks that they have**

An average 12 ounce can of soda has 150 calories and 10 teaspoons of sugar in it. Also, the calories and sugar that you find in fruit juice, specialty coffees and other drinks can also add up quickly as well. So getting your teenager to drink more water, instead of soda and other sugary drinks, will save on the calories and their sugar intake as well. Why not suggest that they drink flavored water, seltzer water or unsalted club soda instead?

## **9. Let them have the occasional treat**

Allowing your teen to have a late night pizza whilst at a friend's, or some nachos when at the movies, need not derail your teen's healthy eating plan.

Instead, suggest that when they are out, they have a breadstick with sauce instead of garlic bread...or that they share a snack with their friend, instead of having an order to themselves.

It is important that you let your teenager know that they are in control, and the occasional treat is okay. The most important thing is getting them to lead a healthier lifestyle.

## **10. Ways of getting the Whole Family Involved**

Rather than just singling out your teenager to lead a healthier lifestyle, why not adopt these healthy habits for the whole family? After all, not just eating healthier foods, but getting more exercise is good for everybody.

- a. Why not encourage the whole family to eat more fresh fruit, vegetables and whole grains? It is important that you set a good example for all your children.
- b. Forget the junk food, and although healthy foods often cost more, it is a good investment in your child's life.
- c. Why not try out new recipes or healthier alternatives to those family favorites?
- d. Don't allow anyone to eat while sitting on the couch, as this will curb mindless eating

at other times that they sit watching the TV, or when on the computer.

- e. Arrange some family activities, such as walks in the evening, or visiting a local recreation center at the weekend.

## **11. Be Positive in your Attitude when helping your teen to lose weight**

Being overweight does not always lead to a lifetime of low self esteem, but your acceptance of your teen's weight problem is critical. Remember to listen to your teen's concerns regarding their weight, and comment on their skills, efforts and accomplishments.

Make it perfectly clear to your child that your love for them is unconditional, and not dependent on how they look. Why not help your teen learn to express their feelings in much healthier ways, say by writing down what they feel in a journal?

If your child is struggling with low self esteem, and finding it difficult to cope with their weight in a healthy way, then consider looking for a support group, formal weight control program or professional counseling to help them.

There are many support groups around which will provide your teen with the tools to counter any social pressure and cultivate a positive attitude with regard to their self esteem. This will help them to take control of their weight. These benefits will then last them a life time.

## **Chapter 5 –**

# **How Teens Can Lose Weight Quickly and Safely**

Being overweight does not only hamper the health of adults, but it can be harmful to teenagers and children as well. Thus, if you are a teenager and feel troubled by the extra weight, then do not wait any longer before finding a suitable weight loss program specially designed for teenagers that you think will work well for your body.

Below are provided a few valuable teen weight loss tips which you will find in many of the best weight loss programs for teens, and that have been prescribed by nutritionist experts in order to help a teen fight a weight problem.

Overweight is often caused due to the excessive consumption of food, and the best types of weight loss programs for teens are those that suggest controlling the amount of food they consume daily, especially those high in fat and oil. Also, it's important that they avoid milk products, as well as all sorts of junk food and artificial drinks.

Another matter that you will find discussed in most of the good weight loss programs for teens, is that

they suggest drinking lots of water, as well as incorporating fresh fruit, raw vegetables and fibrous foods into their diets. It is important they balance the nutrient content in their body by using these, as they will have reduced the amount of food they are eating.

If you can, get them to replace normal snacks (junk food) with some thing that is healthier. Why not get them to have frozen grapes, cherry tomatoes, baby carrots or a low fat pudding or yogurt, instead of what they would normally snack on?

Also, suggest that they carry out some form of physical activity for a few hours each day. Any form of physical activity will help burn off those extra calories. This is the most important step you will find in any of the best weight loss programs that have been specially developed for teenagers.

However, the most important suggestion of all is that you must nurture your teen...a strong will is required in order to follow the diet program of their choice religiously. Otherwise, no matter how good the weight loss program is, it will not help your teen to lose weight if not followed correctly. They may find it to be hard work initially, but the end results will be worth the pain and suffering they go through in the beginning.

## **Chapter 6 –**

# **Weight Loss for Teens – A Parent Should Not Worry Too Much**

Concerns are always being raised in relation to the dangers of child or teen weigh loss, especially with parents.

For many teens today, the image of the body is at the fore front of their minds, especially when you look at the models used in magazines etc.

Teenagers will be easily swayed by their peers or TV/Movie idols, and some will go to drastic measures in order to look as good, and wear the clothes that their heroes are wearing.

More and more teenagers are suffering from either anorexia or bulimia (both very serious illnesses), both of which they can often easily hide from their parents.

It is very difficult to understand how anorexia and bulimia affects people who, to others, may look healthy and being a normal size weight. For many sufferers, they see themselves as fat and undesirable, and they usually lack self confidence and self esteem. They may feel this because they have been laughed at when they were younger, or it can be that they are just too shy or embarrassed to discuss how they feel.



But whatever the reason, those suffering from either anorexia or bulimia are at risk. Their health will become compromised (not now but may be later on in life). Should such eating problems not be diagnosed early enough, then the damage they cause to their body may be irreversible.

You can not force a person to eat if they don't want to, and neither can you stop a person from purging themselves. What you need to do is get to the root of their problem and discuss with them how they feel about themselves. Find out why they feel that they need to lose the weight in such a manner. Then you can look at ways in which you can help them to combat this problem.

However, those people who are suffering either from anorexia or bulimia will most likely need professional help (you don't need to send them a way to rehab). There are plenty of self help groups which have now been set up to aid with these eating disorders.

How do I recognize if my teen is suffering from an eating problem? Unfortunately, most people, especially children, are good at hiding the symptoms related to eating problems. But below are some signs that should help.

1. The color of their skin. Does it have a healthy glow or is it dull and pale?
2. Eyes - are they bright or dull?
3. Hair - It is full and shiny or has it become dull, flat and thinning?
4. Legs and Arms - Have they got good tone, or do they look just like skin and bone?

5. Have their energy levels decreased?
6. Teenage Girls - Has their menstrual cycle altered in any way?

There are other ways in which bulimia may be diagnosed. Because a teenager will be forcing themselves to bring up the food which they have eaten, they develop cavities near the gum line. So if you can discreetly watch their bathroom habits, are they constantly going to the bathroom after they have eaten in order to purge the food from their body? Do they brush their teeth often because they want to make themselves sick or have they loose stools and stomach cramps because they are taking laxatives?

Those teenagers who are suffering from anorexia will often play with the food on their plate, or say they are not hungry or that they earlier when they were out with their friends. Others may well skip breakfast and just grab something on the way school, or they won't take the lunch that you have prepared for them to school...or if they do, they throw away as soon as you are out of sight. Discreetly check with the school to see if they are eating meals at school, and if you are able to, speak to their friends and find out what, if anything, they are eating when they are with them. However, it is important that you do not pry too much, or it will lead to them only hiding the problem from you even more.

If you are able to, monitor what they are reading and logging onto on the internet.

For many teens, they will deny that they have a problem where eating is concerned. Parents must find a way to get past the idea that there is nothing troubling the teen, and that they go

through stages when they don't like certain foods or they will avoid eating a meal with the family. However, if you are reading this chapter and you see things in it which seem familiar in relation to your teen, then it may be worth taking a further look at your teen's lifestyle.

Today, there is a lot of pressure being put on teens to become vegetarians, and some vegetarians will allow fish as part of their diets. This is okay as this provides the necessary nutrients, Vitamin B12, zinc and iron, which a teen will need while they are growing. However, it is wise to show them which fish are the best to eat more often, and which they should eat less of.

It is the teens who give up meat and fish altogether that a parent should be concerned about. Protein is important for us to grow, maintain healthy muscles, skin, hair and good health. The best source for protein is from animals, and those teens who give up this source will need to get it from other areas, such as through vitamin supplements. Studies carried out claim that the quantity of nutrition provided by pills is not the same, or as good as they would get from animal sources.

Therefore, as a parent, if you should have any concerns in regard to what is written above, it is time to take action.

A great way of doing this is to help your teen to understand why they should eat properly, and what foods they should be eating, as well as how much and when and what they should avoid. Not only will this help you, but it will help your teen to better understand the importance of food, and what we need to have a healthy body, as well as the best ways to combat weight gain naturally.

So now is the right time for you to take action with regard to your teen's health and any concerns they may have about their body image and weight.

## **Conclusion**

As you can see from this book, there are number of ways in which helping a teen to cope with their obesity, as well as helping them lose weight safely.

Often, obesity treatment programs which have been devised for teens rarely have weight loss as a goal, but rather they aim to slow or halt any weight gain so that the teen will grow into their body weight over the next few months or years. It is estimated that for every 20% excess of body weight a teen has, they will need about 1½ years weight maintenance to obtain their ideal body weight.

So, early and appropriate intervention on the part of the parent is particularly valuable. It has been found that modifying a teens eating and exercise habits is much easier to do than with an adult.

The three forms of intervention that a parent could use are as follows:

### **Physical Activity**

By adopting a formal exercise program, or just simply becoming more active, you will help to burn fat and increase the amount of energy a teen

expends. Studies have shown that exercise, as well as coupling it with one of the other forms of intervention, is a successful way to help them lose weight safely.

## **Diet**

It is advisable that you do not allow your teen to fast or drastically reduce their calorie intake. Not only is this way of losing weight psychologically stressful on them, but it may adversely affect their growth, and what a teen sees as "normal eating". So making sure that they have a balanced diet, with moderate restrictions on the amount of calories they have, is ideal. A great way is to reduce dietary fat, which has been found as a successful way of treating teens that are overweight. It may be that your teen needs to be educated on the nutritional values of foods, also. So by controlling a teen's diet, and getting them to do more exercise, will help to treat their weight problem.

## **Modification of a Teens Behavior**

There are many behavioral strategies that are used on adults, which can be successfully applied to teens, such as:

1. Self monitoring and recording the food they have
2. Increased physical activity
3. Slowing the rate at which they eat their food
4. Limiting the time and place when eating (do not allow them to sit in front of the TV or

computer, get them to sit at the dining table)

5. Provide them with rewards and incentives, if their behavior is what you are looking for

This book has hopefully helped with ways in which you can help your teen with any weight issues they may have. However, it is easier to prevent a teen from being overweight, than it is to treat it.

Where prevention is concerned, it focuses on educating the parents about providing their children with a good nutritional diet and plenty of physical activity. However, where such preventive measures can not help those teens who suffer from weight problems because of a heredity factor, then the education of the parents should be focused on building up their teens self esteem, and addressing any psychological issues that they may have.