

## Handbook Of Obesity Intervention For The Lifespan

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Handbook of Obesity Intervention for the Lifespan ...  
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Obesity prevention: interventions  
the health benefits and the potential effectiveness of interventions to prevent obesity, increase activity levels and improve diet (and reduce energy intake) the best practice approaches in delivering such interventions, including tailoring support to meet people's needs over the long term the use of motivational and counselling techniques.

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The physical activity-gearred obesity interventions of this literature review illustrate the remarkably high efficacy of physical activity in reducing obesity?related measures and increasing overall physical fitness of school?age subjects. 23 Carrel et al and Stephens and Wentz have demonstrated positive statistically significant results in adiposity and fitness measures such as BMIs, sit?and?reach flexibility, and aerobic capacity with children enrolled in short?term physical ...

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For overweight we used a combination of MeSH terms as follows: overweight OR obesity OR pediatric obesity. Diet [MeSH] OR diet, food and nutrition [MeSH] were used for diet and exercise [MeSH] OR physical activity for exercise and behavior therapy [MeSH].

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