

Title:

Childhood Obesity`The Modern Health Dilemma

Word Count:

704

Summary:

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Keywords:

Article Body:

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Just how widespread is the problem? The National Institutes of Health has determined that, over

Children who are overweight may not develop socially as fast as their peers. They can become l

The parents of these children may not realize how detrimental obesity is to their children's e

The causes of childhood obesity can be complex. However, there do appear to be a few identifica

Another key problem is inactivity. Children watch more than a full day's worth of television e

It has been shown that children tend to be heavily influenced by advertising. Unfortunately, m

Luckily, childhood obesity can be successfully conquered. Here are a few tips to help your chil

- Encourage your child to take part in sports or dance. If your son or daughter is self-consci

- Consider limiting TV time. Research clearly shows that TV time is unproductive time for chil

- Ban junk food from your home. With a little push, children will become accustomed to eating

- Check with your child's pediatrician to see if he or she can recommend some specific weight

Childhood obesity is a problem, but it is not insurmountable. The greater the interest you sho

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