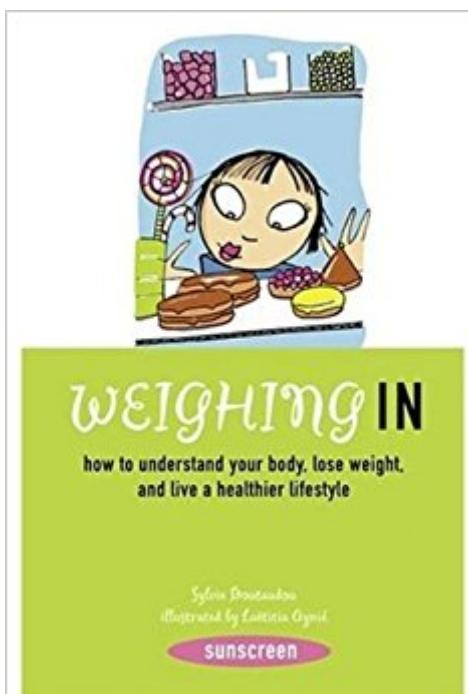


The book was found

# Weighing In: How To Understand Your Body, Lose Weight, And Live A Healthier Lifestyle (Sunscreen)



## Synopsis

Written with candor and humor, the Sunscreen series offers preteens and teens advice on the topics that interest them most in a compact, highly illustrated paperback that fits conveniently in a purse, backpack, or messenger bag. Not too glib and not overly serious, the Sunscreen books deliver just the right information, and the freedom and protection that come with it. Weight and body image is perhaps the most popular issue facing teens and pre-teens today. Due to the unrealistic expectations of weight and beauty, promoted on TV, in films, and in magazines, most kids are unhappy with their bodies and are in need of a healthy way to go about making life changes. This Sunscreen book gives advice on ways to get help if teens are struggling with their bodies by talking to their parents about their diet, seeing a dietitian, and encouraging exercise or other fun, active pastimes. It also shows kids how to calculate their Body Mass Index (BMI) to see if they really are overweight and need to make healthy changes. This title also gives good tips on dealing with peer pressures, teasing, and fitting in for those who are feeling left out or alienated because of their weight.

## Book Information

Series: Sunscreen

Paperback: 112 pages

Publisher: Sunscreen (May 1, 2006)

Language: English

ISBN-10: 0810992280

ISBN-13: 978-0810992283

Product Dimensions: 5.5 x 0.5 x 8.8 inches

Shipping Weight: 9.1 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,802,333 in Books (See Top 100 in Books) #96 in Books > Teens > Personal Health > Fitness & Exercise #185 in Books > Teens > Personal Health > Diet & Nutrition #219 in Books > Teens > Personal Health > Depression & Mental Health

[Download to continue reading...](#)

Weighing In: How to Understand Your Body, Lose Weight, and Live a Healthier Lifestyle

(Sunscreen) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism

(Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness

and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) 30 Day Whole Food Challenge: The Complete 30 Day Whole Food Challenge to Lose Weight and Live a Healthier Lifestyle Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Sex Explained: Honest Answers to Your Questions About Guys and Girls, Your Changing Body, and What Really Happens During Sex (A Sunscreen Book) The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days (Complete Idiot's Guides (Lifestyle Paperback)) The Ketogenic Diet: The Keto Diet Plan for Weight Loss and Healthier Lifestyle (Weight Loss, Diabetes II Reversal, Increase Energy, Lower Blood Pressure, Budget Food Recipes) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Mediterranean Diet Cookbook: 30 Days of Recipes and Meal Plan to Lose Weight and Live Healthier Keto Diet: Complete Beginner's Guide To Lose Weight Fast And Live Healthier With Ketogenic Cooking DASH DIET DINNERS: Low Salt Recipes to Help You Lose Weight, Lower Blood Pressure, and Live Healthier

[Contact Us](#)

DMCA

Privacy

FAQ & Help