

**Healthy Diet and Weight Loss**

**FOR KIDS**



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# Healthy Diet and Weight Loss

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# *Table of Contents*

The Book's Cover .....	1
The Legal Stuff .....	<b>Error! Bookmark not defined.</b>
Table Of Contents .....	3
Chapter 1: Obesity In Children Is Growing At A Frighteningly Fast Rate .....	6
Obesity Is A Condition That Can Shorten Your Life And Can Seriously Affect You Mentally And Physically .....	6
Alternative Snacks.....	7
Fruit Can Be Substituted For Candies And Sugar Snacks .....	7
Breakfast Cereals Are Perhaps The Biggest Problems In Children's Diets.....	8
Fast Food Habits Also Begin When Children Are Quite Small .....	8
Good Eating Habits Begin When Children Are Very Young.....	8
Chapter 2: Oatmeal – The Most Powerful Breakfast for Weight Loss.....	10
Did You Know That Simply Eating Breakfast Raises Your Metabolism By 10 Percent? .....	10
If You Want To Add Some Powerful Antioxidants To Your Oatmeal, Simply Throw On Some Blueberries And Raspberries .....	10
What More Could You Ask Out Of The First Meal Of Your Day? .....	11
Keep In Mind That You Must Buy The Unsweetened, Unflavored Variety.....	12
Chewier Texture And Heartier Flavor .....	12
Help Squash Your Cravings .....	12
Chapter 3: Overweight Is Injurious To Teens And Kids.....	13
Overweight Not Only Hampers The Health Of Adults, But It Is Injurious To Teens And Kids As Well .....	13
Overweight – On A Very Basic Level – Is Due To Excessive Consumption Of Food .....	13
Take A Few Hours Every Day To Work Out In The Gym Or Spend Some Time Running Or Playing Your Favorite Sport.....	14
A Strong Will To Follow The Diet Program.....	14
Chapter 4: Obesity In Teenagers And Children Is Maybe One Of The Saddest Sights .....	15
Get Back Into Fitness And Healthy Living! .....	15
Many Contributing Factors .....	15
Encourage Better Habits And "Play" .....	15
Obesity Needs To Be Tackled In The Early Stages To Help Prevent A Life Of Discomfort And Pain .....	16
Chapter 5: Ways To Help Your Child Fight Childhood Obesity.....	17
Halloween, Slumber Parties, Birthdays — Sometimes, It Seems Like Childhood Is One Humongous Food Fest!.....	17
Genetics And Overweight.....	17
Parents Must Set The Limits.....	18
1. Happy Halloween! .....	18
2. Overnight Trips.....	18
3. Calorie-Conscious Kiddos .....	19
4. Snack On The Right Foods.....	19
Chapter 6: A Chapter For Your Teen – Top Tips For Weight Loss For Teens .....	20

Looking For Tips For Weight Loss For Teens? .....	20
Being The "Fat Kid" Throughout High School Can Be A Recipe For Life-Long Self-Esteem Problems.....	21
One Of The Most Important Tips, Especially For Young Girls, Is To Make Sure That You Understand What A Healthy Person Looks Like.....	21
Young Men Can Fall Victim To Eating Disorders, Too – It's Not A Problem Exclusive To Girls .....	21
Another In The List Of Tips For Weight Loss For Teens Is To Keep In Mind What Your Body Is Growing Through .....	22
Regardless Of Other Factors, Diet And Exercise Are Always Going To Be An Important Factor In Weight Loss .....	22
Another Factor That Can Be A Great Help In Losing Weight Is Enlisting The Aid Of Your Family.....	23
Chapter 7: A Chapter For Parents – Discover Safe And Easy Weight Loss For Teens .....	24
Does Your Teen Come Home From School With Tear Streaked Cheeks, Because Of Their Weight? .....	24
Recent Studies Have Shown That Teenage Obesity Has Reached Epidemic Proportions.....	24
If You As A Parent Aren't Exercising, You Are Contributing To Your Child's Bad Exercise Habits And Obesity.....	25
If Both You And Your Teenager Are Overweight, It Would Pay For You To Check With Your Doctor And Your Child's Pediatrician .....	25
Easy Weight Loss For Teens And You Doesn't Have To Be Complicated .....	25
Chapter 8: A Weight Loss Plan That Is Fun To Implement .....	28
A Personal Experience, But Apply This To Your Child's Life! .....	28
What We Need Is A Weight Loss Program That Is Actually Fun To Put Into Action! .....	28
A Vicious Circle .....	29
The Fun Way To Lose Weight .....	29
Take Up A Sport, Something Competitive That You Can Get Your Teeth Into .....	29
With This Program, Be Able To Basically Eat What You Want, When You Want .....	30
Chapter 9: Emphasis On Being Thin For Teen Girls Makes Weight Loss A Major Issue.....	31
Worried About Your Daughter's Eating Habits? .....	31
Start Children Off On The Correct Foot .....	31
Teens Simply Cannot Succeed With Weight Loss On Their Own .....	32
These Years Can Be Highly Charged And Emotional .....	32
Extreme Low Calorie Dieting Among Teenagers.....	33
The Goddesses On Television And In The Media .....	34
So What Should Be Done To Avoid This?.....	35
Let Your Daughter Be A Part Of Her Own Plan, Her Own Success!.....	35
Chapter 10: Some Diet Plans For Overweight Teenage Boys .....	36
Many Teenage Boys Are Overweight, Even Some Of The More Active Ones .....	36
Finding The Right Diet Plans For Overweight Teenage Boys Can Be Extremely Difficult .....	37
The First Step Is To Ensure That The Teenager Is On A Good, Healthy Diet.....	37
Growing Teenagers Need A Wide Variety Of Nutrients.....	38
Get Him On An Exercise Plan .....	38
Chapter 11: Snack Ideas For Kids That Won't Wreck *Mom's* Diet! .....	39
Diet Downfalls – Making Lunches, And Afternoon Snacks! .....	39
Mom Loves Them Too! .....	40
Kids Sabotaging Your Weight Loss Efforts .....	40

Fresh Is Best! .....	42
Chapter 12: Biking – A Great Way To Enjoy Your Exercise .....	43
Biking Is A Fun Sport For People Of All Ages .....	43
There Is No Excuse For Someone Not To Ride A Bike!.....	43
Bikes Come In All Styles, Colors And Sizes .....	43
Bicycles Can Also Include Some Handy And Convenient Gadgets.....	44
Shop Online! .....	44
Chapter 13: Exercise Anywhere With Your Bicycle – From Beaches To Mountains To Forests...45	45
A Car Bike Rack Can Make Your Bicycling Even More Fun And Adventurous .....	45
You May Enjoy Indoor Bicycling On A Machine, But You Are Only Getting A Small Part Of The Benefit That Bicycling Can Offer You .....	46
From A Short Weekend Jaunt To A Longer Vacation, You Will Be Able To Take Your Bicycles With You With A Car Bike Rack .....	46
Chapter 14: Weight Control With Bowling Anyone? .....	48
Bowling Is A Game Sport That Can Free Up Your Emotions .....	48
Of Course, Weight Control With Bowling Is Possible.....	48
No More Boring Weight Control Programs .....	49
Bowling Is Not A Big Bucks, High Ticket Item! .....	49
The Health Benefits Of Weight Control With Bowling.....	49
So, Now You Know Bowling Is Not Just For Building Your Stamina Or Releasing Trapped Energy .....	50
Some Concluding Words:.....	51
Imagination.....	52

# FOR KIDS

## **Chapter 1: Obesity in Children Is Growing At a Frighteningly Fast Rate**

### **Obesity Is a Condition That Can Shorten Your Life and Can Seriously Affect You Mentally and Physically**

It often has its roots in childhood. Obesity in children is growing at a frighteningly fast rate. There are more obese children now than ever before. Parents are letting their carelessness with their own diets spill over into their children's lives.

Here are a few points to think about when trying to prevent obesity and health problems for your children.

Small children are normally energetic and often require snacks in-between meals. It is most important to choose healthy snacks for your children.

## Alternative Snacks

Vegetable snacks like carrot sticks and celery boats are a good and fun alternative to chips and “junk food” snacks.

## Fruit Can Be Substituted For Candies and Sugar Snacks

Soda and sugar snacks like candy produce hyperactivity in many young children and will sow the seeds for problems later in life.

- ◆ It also leads to dental problems and the beginnings of obesity.
- ◆ It is good to keep these foods in check and use alternatives if possible.
- ◆ Sugar is a known addictive food, in that the more you eat, the more you want to eat.
- ◆ This can quickly escalate into a serious eating problem and can lead to obesity as the body stores excess sugar as fat.



## **Breakfast Cereals Are Perhaps the Biggest Problems in Children's Diets**

Everyone is in a hurry in the morning and it is easy to reach for the cereal packet for a quick family breakfast.

However, be careful of these presweetened cereals as they put unnecessary large amounts of sugar into your child's system, laying the grounds for sugar addiction.

Now there are many alternatives to presweetened cereals. There are many good tasting "healthy" cereals providing added fiber and less, if any, sugar. These are good for your children as they will provide them with a much more nutritious breakfast and not just fill them up with sugar and excess carbohydrates.

## **Fast Food Habits Also Begin When Children Are Quite Small**

This is reinforced by extensive TV advertising and propaganda for these foods. It is almost inbred in us to eat hamburgers chips and other fast food. Children have an inborn liking for these foods and can easily become quite addicted to them. It is wise to try to keep these foods in limit, as they are not the healthiest foods to eat, especially for children who are growing and need nutritious foods to develop properly.

## **Good Eating Habits Begin When Children Are Very Young**

It can start from the time they first start to eat. It is very important to a child's health to start good eating habits at a young age. It is possible to lay the foundations of good and healthy eating habits when children are still quite small.

**It is just a question of educating ourselves and passing on good habits to our children. When you do this you reduce the possibility of obesity in your children and all the mental and physical risks involved.**

# Healthy Diet and Weight Loss FOR KIDS

## **Chapter 2: Oatmeal – The Most Powerful Breakfast for Weight Loss**

### **Did You Know That Simply Eating Breakfast Raises Your Metabolism By 10 Percent?**

Oatmeal is one of the most powerful breakfast foods of them all. If you are looking to get your body in great shape, you should incorporate this as a staple food in your diet.

Oatmeal is the perfect meal to start your day because it boosts your energy and has plenty of fiber to keep you full and satisfied. Oatmeal breaks down slowly in the stomach, giving you long-lasting energy. It is also full of water-soluble fibers, which play a crucial role in making you feel full over a longer period of time. Studies have also shown that oatmeal reduces cholesterol, maintains blood sugar levels and fights against heart disease, diabetes, colon cancer, and obesity.

### **If You Want To Add Some Powerful Antioxidants to Your Oatmeal, Simply Throw On Some Blueberries and Raspberries**

These delicious fruits are:

- ◆ Packed with antioxidants that fight against heart disease, cancer, and a multitude of other ailments.
- ◆ Blueberries have also been proven to preserve vision.
- ◆ This powerful fruit rated highest in antioxidants among over 40 fruits and vegetables.

## **What More Could You Ask Out Of The First Meal Of Your Day?**

However, oatmeal doesn't just have to be for breakfast. You can use it a couple hours before you exercise to energize your workout. You can even include oatmeal in your smoothies. It is also a wonderful addition to muffins and even as a covering for chicken breasts.

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## Keep In Mind That You Must Buy the Unsweetened, Unflavored Variety

To spice it up a little, you can use bananas, berries, or milk. The downfall of pre-flavored oatmeal is that it often comes loaded with sugar calories.

So, stick to the good stuff. You will get all the beneficial energy for your sports and activities, and none of the bad effects of sugar.

## Chewier Texture and Heartier Flavor

If you're looking for oatmeal with a little more texture, you can try out the steel-cut oat variety. Although this type does take a little longer to cook, I find that it is well worth the wait. They have a somewhat chewier texture and heartier flavor than rolled oats. Once you try this variety, you may never go back.

## Help Squash Your Cravings

If you're having trouble with late night binges, have a bowl of oatmeal instead. This will help squash your cravings. Not to mention, you'll be avoiding any junk food or empty calories.

**If you're looking to get in the best shape of your life, I suggest your alternate your morning meals between oatmeal on one day and have eggs and meat on another. This will put your fat-burning into overdrive.**

## **Chapter 3: Overweight Is Injurious To Teens and Kids**

### **Overweight Not Only Hampers the Health of Adults, but It Is Injurious To Teens and Kids As Well**

So, if you are in the teen ages and feel troubled by those extra inches around your waist, don't wait any further to embrace a suitable weight loss programs for teens that you think works well for your body. Get your act together today! Given below are few invaluable teen weight loss tips, as seen in many of the best weight loss programs for teens, prescribed by expert nutritionists, which could help you to take on the fight with your foe – overweight.

### **Overweight – On a Very Basic Level – Is Due To Excessive Consumption of Food**

Therefore, the best weight loss programs for teens must include a suggestion to the teen, to control the daily intake of food, especially fatty and oily foodstuff. Also take care to avoid milk products, all sorts of junk foods, and artificial drinks.

Another aspect that best weight loss programs for teens suggest is to drink lots of water and incorporate fruits, raw vegetables, and fibrous foods into the diet.

It is vital in balancing the nutrient content in the body caused due to the reduction in the normal intake (assuming you are following the first suggestion, as such).

Replace your normal snacks – such as a packet of chips or potato wafers – with something that is healthier to your system.

That is, substitute your chips or other fat and oil rich snacks with something like:

- ◆ Frozen grapes
- ◆ Cherry tomatoes
- ◆ Baby carrots
- ◆ Low-fat pudding or yogurt

[Take A Few Hours Every Day to Work Out In the Gym or Spend Some Time Running or Playing Your Favorite Sport](#)

Such physical activities could burn away those extra calories from under your skin! In fact, this is the most important step one could find in all the best weight loss programs for teens, suggested by experts.

### [A Strong Will To Follow the Diet Program](#)

But, the most important of all the suggestions is that you must nurture a strong will to follow the diet program you choose, religiously. Else, no best weight loss programs for teens could help you bring down your weight.

**Yes, it can be hard work, but the end result is worth the pain you endure during the process.**

## **Chapter 4: Obesity in Teenagers and Children Is Maybe One of the Saddest Sights**

### **Get Back Into Fitness And Healthy Living!**

Obesity in teenagers and children is maybe one of the saddest sights I see. It is cruel and horrible for children to be that overweight, and they will not have a good social life or medical life, and many things will get them down.

They will find it hard to make friends as they will be bullied at school due to their weight and their health will suffer greatly as medical complications are always paired with obesity. We need to help our children and our teenagers to shake their unhealthy lives and get back into fitness and healthy living!

### **Many Contributing Factors**

Teen obesity is a great complicated problem, as obesity is not always caused by laziness and over eating; it is sometimes due to their family's medical history and medical conditions that they may be suffering. Although not all teen obesity is due to genetics, it can also be due to medical conditions. Problems with glands or thyroid problems are often a cause contributing to obesity, but then, obesity contributes to many other medical complications. If you do not want to see your child or teenager suffer, then measures need to be taken to sort out the problem of obesity!

### **Encourage Better Habits and "Play"**

Albeit laziness and poor diet heavily contribute to the problem of teen obesity, we need to encourage teenagers to get out more, instead of



playing inside with computers and watching television. They need to be shown what an acceptable diet is, and taught that junk food and convenience foods are not the best option for them, and that there are healthy alternatives available!

In doing this you help fight teen obesity and save our children from a future of emotional problems, and most importantly health problems associated with obesity.

Children should be encouraged to take part in more physical activities such as sports and going out more. Doing this will ensure (if they eat properly) that they will be burning more calories than they are eating, therefore keeping the weight off... and, if needed, they will lose the weight they need to lose.

## **Obesity Needs To Be Tackled In the Early Stages to Help Prevent a Life of Discomfort and Pain**

**Parents need to take a stand to help prevent teen obesity and get their children "sorted out." For all that they say that you can take a horse to water but you can't make it drink, healthy eating should be demonstrated by the parents and the children will follow their lead! Teenagers should be made aware of the consequences of obesity and helped towards a better future!**

## **Chapter 5: Ways to Help Your Child Fight Childhood Obesity**

### **Halloween, Slumber Parties, Birthdays — Sometimes, It Seems Like Childhood Is One Humongous Food Fest!**

It is difficult to deprive your child with special delicacies and delights when all her friends are having a grand feast.

However, this simple condition can bring about more trouble than you can think of. Treating your child occasionally may be good, but giving them the chance to devour all the sweets and treats that they want could mean one big problem — childhood obesity.

### **Genetics and Overweight**

In some instances, some people claim that genetics can play a major part in childhood obesity. It does, but not as big as the role that parents' mindset and influence do. It is a falsehood that genetic materials induce a child to be heavy at an early age.

For the greater part of the population, genetic materials may establish the lower maximum values of people's weight, but people themselves establish the higher maximum values, by their food choices. In addition, since most kids cannot simply set the limits and choose the food that they need to eat, it is the duty of the parents to set the limits.

## **Parents Must Set the Limits**

You do not know how to do it? Here are some tips that will help you keep track of your child's food and eating regimen and help him fight childhood obesity.

### **1. Happy Halloween!**

As the only festival dedicated almost completely to overeating on "sugar-laden treats," Halloween holds an extraordinary place in hell for most parents dealing with childhood obesity.

This can understandably be a very tough time for your child to get through, but you can make it easier. Try focusing on the real spirit of the season and make a special haunted house for the kids, or let them have a "spooktacular" party with ghost stories, rubber spiders, and the old "spaghetti intestines and grape eyeballs" game.

For younger kids, a costume party with pumpkin painting and other activities is always fun. The important thing is that you veer your kids away from any signs of sugary sweets.

### **2. Overnight Trips**

The first solo sleepover can be nerve-wracking for both you and the host parents. Kids old enough for slumber parties and overnight trips are typically at least starting to manage some of their own food and diet regimen, which helps.

Spend some time with the parents in advance of the event to give them a briefing on what your child might potentially need, and make yourself available via phone for any questions they might have. Provide them with healthy snacks that they can eat and give them nutritious foods to cook.

### 3. Calorie-Conscious Kiddos

It is important to teach your child about the kinds of foods that they are expected to eat. Splurge some time from your busy schedule, in teaching your child the comparative calorie counts of different foods. That will make your child make better food choices.

It is better to teach them early how to read food labels to help boost their food awareness.

### 4. Snack on the Right Foods

Children are very vulnerable to snacks; hence, it would be difficult to remove them.

The best way to prevent childhood obesity is to allow them to snack on the right foods. Give them some apples instead of a bar of chocolate.

Keep in mind that eating is a habit. If your children's eating regimen has been accustomed to healthy eating from the very start, they will grow healthy and strong.

**Indeed, fighting childhood obesity is not a problem. It is just in the manner parents teach their children about the right "stuffs" to eat.**

## **Chapter 6: A Chapter for Your Teen – Top Tips For Weight Loss for Teens**

### **Looking For Tips for Weight Loss for Teens?**

Today's world puts a lot of extra pressure on teens to look thin.

Popular TV shows aimed at teens all feature thin, pretty, young characters.

Overbearing parents can put undue stress on their kids to lose weight... and even worse still, is that teenagers' peers can be incredibly judgmental of their weight.

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## **Being the “Fat Kid” Throughout High School Can Be a Recipe for Life-Long Self-Esteem Problems**

There’s no easy solution to this problem. Weight loss is tough, and all the added anxiety that comes with being a teen only makes matters worse. Taking advantage of some of these pointers can help make the teenage experience less scary for overweight teens.

## **One of the Most Important Tips, Especially For Young Girls, Is To Make Sure That You Understand What a Healthy Person Looks Like**

A lot of girls and young women on TV are, or at least appear, dangerously thin. The media may portray this as the ideal, but the truth is, it’s not a healthy lifestyle. Many young girls develop eating disorders trying to match the looks of women they see on TV, and this is a recipe for disaster.

## **Young Men Can Fall Victim to Eating Disorders, Too – It’s Not a Problem Exclusive to Girls**

It’s not uncommon for many teens to look in the mirror and see only ugliness and fat, when in reality they are a perfectly healthy young person. If you constantly feel severely depressed about your weight or your look, you should seek help from a psychologist. They can help you improve your own self-image and pursue weight loss goals in a healthy manner.

## **Another in the List of Tips for Weight Loss for Teens Is To Keep In Mind What Your Body Is Growing Through**

During your teen years, your body can undergo a number of changes that affect how you grow.

For instance, you might hit a late growth spurt and gain a few inches in height, making your weight even out across your frame.

Puberty is a complicated time – if you know that you’re following a proper diet and exercise plan but aren’t seeing results, you might just have to wait until you’ve fully grown into your body.

**Healthy Diet and Weight Loss**  
**Regardless Of Other Factors, Diet and Exercise Are Always Going To Be an Important Factor in Weight Loss**

Keep this in mind as you go throughout your school day, and think of ways to improve your health.

- ◆ If your school cafeteria only serves greasy, unhealthy foods, talk to your parents about bringing a healthier lunch every day.
- ◆ Make sure to participate in gym class, and if you can, get involved in extra-curricular sports, too.

## Another Factor That Can Be a Great Help in Losing Weight Is Enlisting the Aid of Your Family

In almost every case, your family wants to be healthy too, and they will help you out as best they can.

If one of your parents is the primary family cook, talk to them about healthier options for food.

Furthermore, you can offer to help your parents with renovations or yard work for a little extra exercise.

**These tips for weight loss for teens can make a huge difference for you.**

# Healthy Diet and Weight Loss FOR KIDS



## **Chapter 7: A Chapter for Parents – Discover Safe and Easy Weight Loss for Teens**

### **Does Your Teen Come Home From School With Tear Streaked Cheeks, Because Of Their Weight?**

- ◆ Do they rush to their bedroom because they don't want to talk about it?
- ◆ Are you crying with them because you know what they are going through?

**It doesn't have to be that way for you or your teenager.**

### **Recent Studies Have Shown That Teenage Obesity Has Reached Epidemic Proportions**

Most of these studies show that:

- ◆ Not only do body structure, DNA, diets of fast foods and overeating contribute to the weight problem,
- ◆ But the lack of physical activity, by today's adolescents, is a primary cause.
- ◆ Another fact revealed in these studies is that most young people still in their teens get less than 30 minutes of exercise in a 24 hour period.

**Hey! Read on to learn about easy weight loss for teens!**

## **If you as a Parent Aren't Exercising, You Are Contributing To Your Child's Bad Exercise Habits and Obesity**

A good way to help yourself and your offspring, to get healthy, is to find an exercise program you can both do. As a matter of fact, it doesn't have to be a boring, repetitive type of exercise, but it can be one loaded with fun. However, there is one thing you should do before starting any exercise program.

## **If both You and Your Teenager Are Overweight, It Would Pay For You to Check with Your Doctor and Your Child's Pediatrician**

This physical checkup will rule out any underlying health problems which could be the cause of the weight gain. It will also determine if you're both healthy enough to engage in an exercise program to lose weight.

## **Easy Weight Loss for Teens and You Doesn't Have To Be Complicated**

**Believe it or not, you and your son or daughter, can start off with a walking program.**

- ◆ To help make it bearable for the usual adolescent attitude, allow them to take along their I-pod or other music player.
- ◆ However, it's also a great time for you guys to have a good talk.
- ◆ You can actually ease into this over a period of days by talking about things that they are interested in.

- ◆ Don't use it as a time to preach at them, because if you do, not only will they block you out, you will kill whatever interest they have started to build in exercise.

### **Another fun exercise that the whole family can participate in is riding bicycles.**

- ◆ If you will recall you had a ball riding a bicycle and so did your child. This one exercise will be one of the easiest to make a habit for both you and your offspring.
- ◆ It doesn't take long before it becomes a great habit for both of you.
- ◆ One of the real benefits from bike riding is the way it will help shed those extra pounds.
- ◆ But the way it will help rebuild the overall shape of your bodies will blow you away. Both you and your teenager will notice you have shapely legs and a firmer butt.
- ◆ In addition, it will help keep your heart rates up, which will benefit your entire body with extra oxygen.

**Another fun exercise you both can participate in is swimming.**

- ◆ Obviously not everyone has a private pool, but many health clubs, gyms, and other public places do.

**You need to face the fact, as a parent, it is your overall responsibility to ensure your child's welfare and over health.**

**By encouraging an exercise program now, while they are still young, will benefit them for the rest of their life.**

**Easy weight loss for teens doesn't have to be hard, nor does it have to be boring. It just has to be done.**

## **Chapter 8: A Weight Loss Plan That Is Fun to Implement**

### **A Personal Experience, But Apply This to Your Child's Life!**

Now, I am not sure about you, but many people find it so hard to diet and to lose weight. This is the way it was for my husband. The weight loss programs and diets that he had tried were, to him, just so *boring*. They were also very hard for him to implement, as they were asking him to give up foods that he knew that he would not be able to stay away from.

### **Healthy Diet and Weight Loss What We Need Is A Weight Loss Program That Is Actually Fun To Put Into Action!**

My husband's weight problems began when his parents decided to turn vegetarian. He was eleven years of age at the time and basically decided to give it a go as well. His mom cooked the meals, you see, so I guess he didn't have much choice.

This was many years ago and at that point there were not many different options of food for people who were vegetarians. He was not at all impressed with the food he was given and missed eating meat in a big way. He would normally be hungry after meals and would then start to eat snack type foods. He only gradually put on more weight, and people did not really comment for a couple of years.

## **A Vicious Circle**

As soon as people did notice, it was like a vicious circle. They would taunt my husband at school. He would come home all depressed and would then “comfort eat,” to make himself feel better.

A few years ago he went about looking for ways to help himself to lose weight. He tried many diets but without success. I have to say it was not that anything was wrong with the actual diets he was trying; it was that any given particular diet did not suit him.

He is the type of person who needs to enjoy something to keep his interest in it. This is why he found school a struggle. Well, that is his excuse anyway, I gently tease him.

## **Healthy Diet and Weight Loss** **The Fun Way to Lose Weight**

On a Saturday night a few years ago, my husband went out for a night out with a good friend of his (Dave). They were having a good chat during which he told Dave about his mission to lose weight. He explained about how, as yet, he had not found a suitable weight loss program.

## **Take Up a Sport, Something Competitive That You Can Get Your Teeth Into**

Dave suggested that my husband should take up a sport, something competitive that he could get his teeth into. He thought about what Dave had said and agreed that this could be the way to go.

He asked Dave if he would like a game of tennis three or four times a week. Dave stated that this might be a bit much, as he played six-a-side football twice a week.

Dave did not want to let my husband down, however, and then asked if my husband would like to join his six-a-side team. "I will give it a go," my husband replied.

My husband came home a bit giddy and also rather pleased with himself. He now had a weight loss plan that he was sure would work. There will be no quick fix; this amount of exercise, over a sustained period of time, would have a positive effect on his weight, his fitness, and his health.

### **With This Program, Be Able To Basically Eat What You Want, When You Want**

It did take quite a while, as my husband had predicted, to reach a weight that he was happy with. This was not a problem however, as he was having fun on the way.

**He continues to play not only tennis and football, but many sports. This is no longer to lose weight but because he enjoys it tremendously. And so will your teen!**

## **Chapter 9: Emphasis on Being Thin For Teen Girls Makes Weight Loss a Major Issue**

### **Worried About Your Daughter's Eating Habits?**

Overall, teenage girls are more likely to diet and be concerned about their weight than their male peers, regardless of age and whether the girls were actually overweight.

## **Healthy Diet and Weight Loss Start Children Off On the Correct Foot**

Living a healthy life is one of the major keys to a joyful life, and living a healthy lifestyle must start in the early years. In many instances, good parenting will, many times, start children off on the correct foot. Often, however, it will call for more effort. If you have a teen girl who suffers from being overweight, you may need to do "above and beyond" to help them. Weight loss for teenage girls oftentimes is a complex hurdle to jump alone.



## Teens Simply Cannot Succeed With Weight Loss on Their Own

They require compassionate parents who can maintain fit home environments – and who provide excellent role models.

- ◆ When parents do well at losing weight, their kids are more prone to succeeding, as well.
- ◆ If you are inclined toward dramatic weight fluctuations and widely-varying diets, your daughter will attempt to follow your lead.
- ◆ As you no doubt agree, a growing young person will not benefit emotionally, physically, or nutritionally from this type of weight management.

## These Years Can Be Highly Charged and Emotional

The mixture of obesity as an emerging epidemic among young people, and the stress on being thin-to-emaciated for teenage girls makes weight loss a most important issue.

To help a teen girl to lose weight, remember these years can be highly charged and emotional, particularly if a girl feels different from the others.

Talk to a teen about eating healthier foods instead of simply giving up eating to lose weight. The only way a teenage girl should achieve a healthy weight is by eating in a well-balanced, moderate and healthful manner.

### **Extreme Low Calorie Dieting Among Teenagers**

Ironically, extreme low calorie dieting among teenagers typically leads to an increase in weight, instead of weight loss. After a brief episode of swift initial loss in weight, the body and metabolism begin to slow down, with the purpose of conserving calories.

This is a natural body defense system, intended to rise above the effects of a food deficiency. This path will only harm, and never help your daughter.

New research indicates that eating at least five meals together as a family, per week, significantly decreases the odds of teenage girls engaging in acute diet behaviors, such as fasting or anorexic/bulimic actions such as vomiting.

## **The Goddesses on Television and In the Media**

Think about the culture that today's teenage girls are wrapped up in – a way of life that deifies extremely thin models and actresses.

Your daughter only sees the "PhotoShop'ed" images for the media, and not the realities or the hardships that even these women suffer.

Your teenage girl probably is comparing herself to those models and actresses... and most certainly has unrealistic beliefs about how her own body should appear.

## So What Should Be Done To Avoid This?

For beginners, your daughter should not panic. There are safe ways of fighting toward weight loss, and this can only begin to happen with the assistance of a professional. Perhaps some counseling is in order... but a better place to start may be with simple measures of appealing to her own good sense of nutrition and *feeling* good!

## Let Your Daughter Be A Part Of Her Own Plan, Her Own Success!

Consider taking your teenage girl to a nutritionist, who will help in developing a levelheaded weight-loss plan.

**Let your daughter be a part of her own plan! The nutritionist is an unbiased third party, and can offer suggestions to your girl about how she might improve her food habits, *without imposing any guilt on her.***

## **Chapter 10: Some Diet Plans for Overweight Teenage Boys**

If you have been looking for diet plans for overweight teenage boys, then you are in luck.

### **Many Teenage Boys Are Overweight, Even Some of the More Active Ones**

From football players to baseball players, overweight teenage boys can be found doing all sorts of different things. It does not matter what race they are or what types of activities they do or what all they eat for supper. Overweight teenage boys can be found from all walks of life.

Many people have a stereotypical idea that all overweight teenage boys indulge in video games for hours upon end, and simply do not get the proper exercise that is required in order to help maintain a healthy body weight. Unfortunately, this is not always the case.

Even in teenage boys that participate in active sports, some will find themselves still being overweight. Whether they play tennis, golf, baseball, or chess, these overweight teenage boys are found in each and every niche.

## **Finding the Right Diet Plans for Overweight Teenage Boys Can Be Extremely Difficult**

Even if you find the right exercise plan for the particular teenager, it might simply not be enough. One might try to resort to other methods, such as diet pills, but this is not always the best way to go.

Sometimes the answer can be much simpler than to resort to buying diet pills.

**Sometimes, the answer is as simple as taking a combination of actions in order to help that teenager lose weight.**

## **The First Step Is To Ensure That the Teenager Is On a Good, Healthy Diet**

Remember that teenagers are always growing, and so they need more energy than you might think. This can make it hard to determine just how much is too much, but with time and patience, and a little luck, you can usually determine what is just right for your specific teenager.

**Not only should you pay attention to how much is in the diet, but you must also pay attention to *what* is in the diet.**

## Growing Teenagers Need a Wide Variety of Nutrients

Vitamin and other dietary supplements can help to ensure that your teenager is getting all of the vitamins and nutrients he needs, though you cannot depend entirely on them.

## Get Him on an Exercise Plan

After having determined the right diet for your teenager, try to get him on an exercise plan that helps to ensure that he is active. If he is already involved in active sports, then this, combined with his new healthy diet, should help to ensure that your teenager begins to lose weight.

**It can be truly amazing how much of a difference dieting and exercise when combined can make in a teenage boy's life, or in the lives of others. He will have more energy and be more confident in himself and his abilities. Diet plans for overweight teenage boys can be the perfect way to motivate your teenager and help him feel good about himself.**

## **Chapter 11: Snack Ideas for Kids That Won't Wreck \*Mom's\* Diet!**

Wow. It just seems like all of us are dieting these days! This chapter will help YOU, if you are the one dieting. But, hiding in the corners is also the base for making sure that your kids are eating well and off to a good start in life, as well!

### **Diet Downfalls – Making Lunches, And Afternoon Snacks!**

#### **Healthy Diet and Weight Loss**

If you are a mom on a diet, you will probably relate to a *very* frequent situation. Many moms with children are able to keep to a healthy eating plan through most circumstances *except two*. It all starts to go astray when the kids come home from school, or when they are preparing school lunches.

It's no surprise really. Kids love snacks we buy from the supermarket, and parents love them because they are quick and easy to throw into the lunchbox or for kids to grab from the shelves in the pantry.



Small bags of chips, tasty bite size crackers, sodas, and the like. No problem. Except when it comes to moms weight loss program.

## **Mom Loves Them Too!**

These products are high in fat, high in energy, and high in refined sugars. And after one, two, or three nibbles, it is possible to rack up an unwanted 500 calories. This single act will probably stall your weight loss or even worse!

## **Kids Sabotaging Your Weight Loss Efforts**

To stop your kids from sabotaging your weight loss efforts, here are 20 snack ideas for kids that will do far less damage to your weight loss program if mom nibbles (just a little).

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**1. Chop up ½ tinned pears or other fruit in natural juice and set in 200mls of low calorie jelly. Make up into individual disposable plastic containers with lids.**

**2. Cut up crisp vegetable sticks with dipping sauce – ranch, peanut (satay), sweet chili or tomato.**

**3. Cut celery sticks 6-8 cm, fill with cottage cheese and top with sultanas or chopped nuts.**

**4. Combine a mixture of low fat hard cheese cubes, nuts and dried fruits in plastic wrap or a lunch bag.**

**5. Roll up thin slices of carrot and celery with grated cheese in a slice of cold meat. Secure with toothpick. Slice the carrot and celery with a vegetable peeler for really thin slices.**

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**6. Cut oranges into quarters and freeze on trays. Put into plastic bags for a fruity ice block.**

**7. Meatball surprise. Next time you are making meatloaf, double the quantity and make a batch of meatballs. These are great in lunchboxes cold. Add a slice of pineapple with a toothpick to each meatball. Add dipping tomato sauce if required.**

**8. Mini quiches....make a batch of crust-less quiche and cook in muffin tray. Each 'muffin' will be a wonderful healthy snack for kids.**

**9. Chilled fruit surprise – slice a combination of strawberries, bananas, kiwi fruit, watermelon, grapes or in season fruit. Place in small resealable plastic container. Top with apple juice; do not overfill. Seal, freeze. When packed in lunchbox, will keep sandwiches cool and prove a refreshing treat on a hot day.**

**10. Rice cakes spread with mashed avocado, mashed banana and cinnamon, or try mashed avocado, sliced tomato and sprouts.**

**11. Chopped hard-boiled egg served with low fat mayo, salt, pepper on crisp bread.**

**12. Leaf wrappers: wrap a cheese finger, celery stick and carrot stick in a lettuce leaf. Wrap in foil and place in lunchbox. Contents will be kept moist.**

**13. Yoghurt tub.**

**14. Baby Bell Cheese and low fat cracker.**

**15. Creamy dates: slice dates lengthways, remove stone. Fill with Philadelphia cream cheese (low fat).**

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16. Quick sausage rolls: wrap a skinned (good quality) sausage in several sheets of filo pastry. Brush pastry with beat egg to glaze. Cut into desired lengths. Bake in moderately hot oven for 15-20 minutes. Rolls can be frozen.

17. Same as above but use fresh chicken breast strips and cut to 2" – use tomato or favorite dipping sauce

18. After school hot snack attack: Spread a round of pita bread with tomato paste and herbs. Top with tomato, ham, mortadella (large Italian sausage), add onion, sliced mushrooms or pineapple. Sprinkle grated low fat hard cheese over pita bread. Grill to make a tasty pizza. If no pita bread is available, substitute crisp bread.

19. Fruity kebabs: place bite size pieces of fruit in season on kebab skewers.

20. Pop top sandwich tuna tin, crisp bread, sachet of mayonnaise. Kids can put their snack together at school so that it doesn't go soggy.

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## **Fresh Is Best!**

**Remember, fresh is best, both for yourself and your children. By substituting these ideas for some of the prepackaged snack food and cookies your kids eat, you will be doing both them and yourself a favor.**

## **Chapter 12: Biking – A Great Way to Enjoy Your Exercise**

### **Biking Is a Fun Sport for People of All Ages**

It is a great way to incorporate exercise into your life, while having a great time doing it. Family and friends can bike together, at parks, on bike trails, or almost any place that they choose. It is the perfect sport for anyone, no matter if they are 6 or 60. All they have to do is go at their own pace, because any speed is beneficial. As long as it gets the body moving and the blood pumping, it is providing a great health boost.

### **There Is No Excuse For Someone Not To Ride A Bike!**

Even if they've never learned how to ride a bike with two-wheels, there are adult-size tricycles which don't require balance to ride. All you do is hop on and start peddling.

### **Bikes Come In All Styles, Colors and Sizes**

There are tiny tricycles for toddlers who are just learning what a bike is. Then there are regular two-wheel bikes with training wheels attached, for kids five and up who want to learn to ride. After they ride for a while with the training wheels on, and start to feel comfortable, they can then have an adult remove the training wheels so they can attempt to ride without them. It might possibly be scary for the child at first, and they will probably have a few falls and/or bruises, but they will soon discover that the fun and freedom bike riding was worth the effort.

After an older child has mastered bike riding, there are some other types of bikes that they can be tried out. Motorbikes, including kid-size motorcycles, are popular among youngsters. Some children feel that motorbikes are even more fun than traditional ones, but they're not getting the aerobic workout that they get from non-motor bikes. This is because there is no need to peddle; the motor does all the work.

## **Bicycles Can Also Include Some Handy and Convenient Gadgets**

A favorite among adults and children alike, are baskets. Baskets come in various shapes, colors and sizes, and can be attached on the front of the bike, near the handle bars, or on the back. Some other popular gadgets include: Lights, horns, pedometers and saddles, and many more.

## **Healthy Diet and Weight Loss Shop Online!**

Due to the fact that there are numerous online retailers who sell bikes at great deals, there is no need to leave your home and drive all around town, looking for the best prices. Shop right online, from the convenience of your own home, and have that cool, new bike delivered right to your front door.

**So, if you want to receive a great aerobic workout and have fun simultaneously, then try bike riding and you can't go wrong.**

## **Chapter 13: Exercise Anywhere With Your Bicycle – From Beaches to Mountains to Forests**

You can take not only your favorite mode of exercise on the road... but its healthy dieting benefits, as well!

### **A Car Bike Rack Can Make Your Bicycling Even More Fun and Adventurous**

A car bike rack will give you the opportunity to get more exercise anywhere that you want. You will be able to bike anywhere that you want-from beaches to mountains to forests.

FOR KIDS

A car bike rack can make your bicycling even more fun and adventurous. It will enable you to get that exercise anytime and anywhere that you choose, because you can always keep your bicycles handy for you and your entire family. All of the lower body muscles are used in bicycling, which makes it a wonderful cardiovascular workout.

## **You May Enjoy Indoor Bicycling On a Machine, but You Are Only Getting a Small Part of the Benefit That Bicycling Can Offer You**

Going bicycling outside can relax you and can be a very fun activity to do with your friends or family.

Biking clubs can be found in almost any part of the country and this is a great way to find some friends that will enjoy sharing this hobby with you.

All of these reasons only support the idea of you needing a car bike rack so that you can be ready to go biking anytime.

You will have a great deal of freedom with a car bike rack. You can take your bike anywhere that you want – from the beach to the mountains to the woods – easily and conveniently.

## **From A Short Weekend Jaunt to a Longer Vacation, You Will Be Able To Take Your Bicycles with You with a Car Bike Rack**

This will help you stay on track with your exercise regimen and it will give you new opportunities to have fun. Bicycling can be relaxing and fun and with a car bike rack, you can do it anywhere that you choose.

A car bike rack will make it much easier to work out when you are on the road, too.

If you travel for work, then you will enjoy having your bicycle with you so that you can work out as much as possible. A car bike rack can give you that flexibility and convenience.

This is great if you take your vehicle on your work trips, rather than flying.

- ◆ It will not take you much more time to load your bike with a car bike rack.
- ◆ You will have fun looking for entertaining and interesting places to bicycle and get your exercise, too.
- ◆ Another great benefit is that you will not have to worry about finding the gym in the hotel, either, because you will have your very own way to get that exercise in.

## Healthy Diet and Weight Loss

**Getting a car bike rack will open up more opportunities for you to ride. Whether it is when you take a quick trip to your mom's at Christmas, or when you take a weeklong vacation at the beach, you will be able to take your bicycle(s), so that you can have fun and do some exercise. This is a perfect mode for not just you, but your children, as well.**



## **Chapter 14: Weight Control with Bowling Anyone?**

### **Bowling Is a Game Sport That Can Free Up Your Emotions**

It can also be used to relieve stress and tension. It is perfect to those who are constantly busy with their lives and are frequently bombarded with pressure-filling jobs. But aside from these benefits, are you aware of other things that bowling can do for your body?

## **Healthy Diet and Weight Loss**

### **Of Course, Weight Control with Bowling Is Possible**

After all, with this game sport, you get to move much of your body muscles. It makes you physically active, so you burn calories more as well. So, more than gaining higher physical vigor, you get some of your weight off, consequently giving you the fabulous body you so die for!

## No More Boring Weight Control Programs

If you engage in this beautiful game sport, you can be almost assured to get your physical body in top condition, always.

The good thing about this is it might no longer require you to engage in any other boring weight control programs, of course, depending on how much weight you are going to want to take off.

Now, that's good news, isn't it?

## Bowling Is Not A Big Bucks, High Ticket Item!

You need not shell out a hefty amount of your money just so you get enrolled in one of those diet programs, or buy those expensive diet pills, or other similar items or services. Most bowling centers are even affordable, so there's no excuse that you shouldn't go.

## The Health Benefits of Weight Control with Bowling

The health benefits of weight control with bowling can be summarized into the following:

### ◆ **Tone body muscles**

– Walking along the bowling lane, stretching your hand to attempt making a spare or strike, and releasing the weighty ball are enough to promote good muscle exercises. This is just like when you exercise by walking, but with bowling there is weight involved; thus, you get more of the exercise. The stretching or flexing of your hand is also a good way for your joints, ligaments, tendons, and muscles to get good exercise. In addition, it also promotes good blood circulation.

**So, overall, bowling is a fun way of exercising and losing weight in the process.**

◆ **Burn fats**

– As you continue to move with those walking, flexing, stretching, and swinging; you are already causing some accumulated calories or fats to get burned.

**So, continuous involvement in this sport can be a routine of weight loss.**

◆ **Socially, you build friendships too with bowling**

– You get to bond with your friends, family, or relatives with continuous engagement with bowling trips. You create good social relationships, which are psychologically known to promote better heart performance.

**A better heart performance is great match with weight loss or control.**

**So, Now You Know Bowling Is Not Just For Building Your Stamina or Releasing Trapped Energy**

Bowling is also great as aid for losing/reducing weight. And even if you are enrolled with a certain weight control program, it is recommended that you get involved in active game sports, such as bowling activities.

**Bowling produces a healthy and safe active fat-burning lifestyle; therefore, weight control with bowling is just perfect!**

## **Some Concluding Words:**

Even if there are claims out there, there is no such thing as a quick fix, as far as weight loss is concerned.

**Meaning... hard work, together with any program or product, is needed for a successful weight loss achievement.**

**As advised by the experts, your weight control program will be more effective if this is done together with a clean and active lifestyle. I would add that the more you embrace the changes as ones needed by your whole family, the more effective your actions will be.**

## **Healthy Diet and Weight Loss**

I hope that this book has helped you with both understanding the huge problems of obesity in our children, and sensing the compassion that you need, in order to have success with your goals. This means, not only weight loss for your child, but a new and healthy lifestyle for all of you.

I wish you grace and patience to see this through, in your lives... and much happiness for your child as she or he accomplishes their much-desired and sincere weight loss goal!

## *Imagination*

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*"The chief cause of failure  
and unhappiness is trading  
what you want most  
for what you want now."*

Healthy Diet and Weight Loss  
~Zig Ziglar

*"You must take personal responsibility. You  
cannot change the circumstances, the seasons  
or the wind,  
but you can change yourself. That is  
something  
you have charge of."*

~Jim Rohn

**"JUST DO IT!"**

~Nike

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