



Fitness: 23 (Issues Today)

Claire Owen

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Obesity is a growing problem around the world and around one in four men and one in three women in the UK are now overweight. Staying fit can help prevent many illnesses, such as heart disease and some types of cancer, yet only 40% of men and 28% of women are meeting the recommended levels of physical activity. This book looks at the problem of obesity and why we should stay fit. The information comes from a variety of sources, including government reports and statistics, newspapers and magazine articles, surveys and polls, academic research and literature from charities and lobby groups; articles have been tailored to an 11 to 14 age group. Additionally, at the end of each chapter are two pages of activities relating to the articles and issues raised in that chapter.

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