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The New England Journal of Medicine ,1998 *Perspectives in Exercise Science and Sports Medicine: Exercise, nutrition, and weight control* David R. Lamb,Robert Murray,1988 Applied Physiology, Nutrition, and Metabolism ,2009

Epidemiological Association of Metabolic Factors with Cancer Risk and Cancer Late Effects Rehana Leila Ahmed-Saucedo,2006 **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1989 An author subject index to selected general interest periodicals of reference value in libraries

Fitness for Life Philip E. Allsen,1993 Fitness for Life provides more than just the facts about cardiovascular endurance muscular strength weight control nutrition and relaxation techniques it provides students with the tools to apply what they ve learned to their own lifestyle *Human Obesity* Kaushik Bose,2005 Obesity has emerged as the most prevalent serious public health problem of our time It is a condition of excessive fat accumulation in adipose tissue to the extent that health may be impaired Certain detrimental effects to health are attributed to obesity Obesity may develop at any age in either sex Several factors may contribute to the development of obesity Obesity develops over time and once it develops is difficult to treat Obesity should not be regarded simply as a cosmetic problem affecting certain individuals but a crisis that threatens global well being In the next two decades the control and management of obesity is the biggest challenge facing Mankind Serious coordinated efforts are required from anthropologists bio medical scientists bureaucrats doctors health professionals and all others interested in the study of obesity to launch a successful campaign to counter this scourge Moreover global as well as local policies must be formulated and implemented to address the problem of obesity The volume has sixteen papers that are on human obesity which is a major health problem **Diet and Exercise** Philip Louis White,Therese

Mondeika,1982 Abstract A technical reference text for exercise physiologists clinical nutritionists and other health care professionals dealing with obese patients for weight reduction and disease risk reduction presents 13 authoritative review papers by experts in t heir respective fields The review papers are grouped among 3 general themes highlighting 1 the importance of coupling dietary behavior changes with physical activity 2 interactions between physical activity and nutritional aspects affecting health status including affects on lipid and protein metabolism blood pressure and circulation lean body mass bone mass and obesity and 3 prescriptions for diet physical activity programs for the prevention of specific diseases hypertension coronary heart disease diabetes and osteoporosis Copious technical data are presented in tabular and graphical form throughout the text and reference are appended to each of the review *Evaluating a "Health-Centered" Treatment Approach in Obese Female Restrained Eaters* Linda Bacon,2001 Books in Print ,1977

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