Lack of regular physical activity is a major contributing factor for increased obesity in our country. Obese children and adolescents have an increased risk of developing major health problems as adults. Prevention begins in childhood by having a healthy lifestyle. Best method of having good exercise is encouraging them for sports participation which also helps in developing a all round personality. But sometimes parents force children for sports activity beyond their maturity. Sports icons can negatively influence the diet of children by endorsing unhealthy products. This handbook is useful to Physicians dealing with children and adolescents need to update themselves in various aspects of sports medicine including diet nutrition and physical fitness and psychology.

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