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Sommario/riassunto

The key to preventing many adult diseases lies in childhood, when lifetime patterns of diet, exercise, and moderation are most often set. Authored by an interdisciplinary team including nurses, psychologists, nutritionists, and researchers, this book provides a research-based examination of the interplay between health and behavior in childhood and adolescence leading to either positive or negative health outcomes. It examines issues such as: What role does temperament play in at-risk behavior? How can we improve dietary choices? How can we reduce the cycle of physical inactivity leading to ob
