

1. Record Nr.	UNINA9910691377803321
Titolo	The practical guide [[electronic resource] ] : identification, evaluation, and treatment of overweight and obesity in adults // National Institutes of Health, National Heart, Lung, and Blood Institute [and] North American Association for the Study of Obesity
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Heart, Lung, and Blood Institute, , [2000]
Descrizione fisica	vii, 77 pages : illustrations ; ; 28 cm
Collana	NIH publication ; ; no. 00-4084
Soggetti	Obesity Weight loss
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from caption (viewed Oct. 30, 2001). At head of title: NHLBI Obesity Education Initiative. "October 2000." Distributed to depository libraries in microfiche (shipping list no.: 2002-0073-M).
Nota di bibliografia	Includes bibliographical references (pages 75-77).
Nota di contenuto	Treatment guidelines -- Weight management techniques -- Weight reduction after age 65 -- Appendices: A. Body Mass Index [BMI] tables -- B. Shopping: what to look for -- C. Low calorie, lower fat alternatives -- D. Sample reduced calorie menus -- E. Food exchange list -- F. Food preparation: what to do -- G. Dining out: how to choose -- H. Guide to physical activity -- I. Guide to behavior change -- J. Weight and goal record -- K. Weekly food and activity diary -- L. Additional resources.