

*Librería*  
***Bonilla y Asociados***  
*desde 1950*



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During the past two decades the prevalence of overweight and obesity in children has increased rapidly world-wide. Together with the rising of childhood obesity, some adult-like metabolic disorders, such as the impairment of insulin sensitivity or hypertension, have become apparent already among school-aged children. As both a consequence and a contributor to the childhood obesity, the low-level physical activity of children, especially in the westernised societies, warrants attention. This book examines the value of physical activity in preventing and combating childhood obesity and its metabolic comorbidities.