



# Healthy Schools, Healthy Lives

*Anita Loughrey*

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## **Healthy Schools, Healthy Lives** Anita Loughrey

With childhood obesity hitting alarmingly high levels and given high profile in the media today, this book looks at what schools could and should be doing to tackle the problem. Research has shown there is a link between weight, lifestyle and attainment. This book will identify ideas and strategies for all primary schools to help educate children and parents about obesity. The book aims to help teachers introduce good eating habits, help children and parents understand the importance of healthy balanced meals, examine how physical activity contributes to weight loss and its maintenance, as well as providing teachers with a list of useful contacts for outside professional support.

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