

'Borromeo' ADULT & CHILDHOOD OBESITY:

A 6-Week, Interactive On-Line Instructive Course Designed To Combat Overweight Problems & Promote Healthy Lifestyle Changes. (author – Alexander Tawiah)



Those who suffer from weight mismanagement and obesity deserve treatment NOT judgement.

We can help.

SCHEDULE - Week I

e-Mail / Lesson No.	Theme / Subject	Additions
1	<p>.Introduction to Obesity, including definition and important statistics relevant to BOTH adults and children.</p> <p>. Obesity: facts, myths, common causes; Genetic origins?</p> <p>. Mini quiz on theme/subject included to enhance students' understanding and learning.</p>	<p>❖ Newsletter issue 1 (Ref. NL1) download link included.</p>
2	<p>.Obesity: Emotional and Psychological Implications (Adults & Children)</p> <p>. Obesity: Social Impact.</p> <p>. Mini quiz on theme/subject included to enhance students' understanding and learning.</p>	<p>✓ Infograph: <i>Impact of Obesity.</i></p>
3	<p>.Health consequences of Obesity for Children & Teens.</p> <p>.Mini quiz on theme/subject included to enhance students' understanding and learning.</p>	<p>n/a</p>

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SCHEDULE - Week II

e-Mail / Lesson No.	Theme / Subject	Additions
4	. Weight Loss motivation and How to find it. . Mini quiz on theme/subject included to enhance students' understanding and learning.	❖ Newsletter issue 2 (Ref. NL2) download link included. ✓ 2 nos. Infographics on weight loss motivation & includes other people's tips and experiences.
5	.Health consequences of Obesity. (Adults - General overview). . Mini quiz on theme/subject included to enhance students' understanding and learning.	n/a
6	.Top Causes/Risk Factors for Childhood Obesity. . Mini quiz on theme/subject included to enhance students' understanding and learning.	✓ 2 nos. Infographics: (i) Childhood Obesity in America; (ii) How To Prevent Obesity in Kids. 📺 Video: <i>The ABCs of Saving Your Kids from Obesity.</i>

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SCHEDULE - Week III

e-Mail / Lesson No.	Theme / Subject	Additions
7	. Weight loss options for adults. (PART I). . Mini quiz on theme/subject included to enhance students' understanding and learning.	❖ Newsletter issue 3 (Ref. NL3) download link included. ✚ Video: 15 Things The Obese Can Do To Begin The Road To Fitness.
8	.Weight loss options for adults. (PART II). . Mini quiz on theme/subject included to enhance students' understanding and learning.	✚ Video: 33 Weight loss affirmations
9	.What parents Can Do To Prevent Obesity. (PART I). . Mini quiz on theme/subject included to enhance students' understanding and learning.	✓ Infographs: (i) Healthier Alternatives to Junk Food. (ii) Preventing Child Obesity

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SCHEDULE - Week IV

e-Mail / Lesson No.	Theme / Subject	Additions
10	.Belly Fat and its Dangers; Metabolic Cooking. . Mini quiz on theme/subject included to enhance students' understanding and learning.	<ul style="list-style-type: none"> ❖ Newsletter issue 4 (Ref. NL4) download link included. ✓ Infograph – How to beat Belly Fat ✚ Video: <i>14 Premier Food Choices for Better Health & Weight Loss.</i>
11	.Exercise options for the Obese. . Mini quiz etc.etc.	✚ Video: <i>8 Best exercises for the Obese.</i>
12	.What Parents Can Do To Prevent Obesity (PART II) - <u>Healthy Cooking</u> .Mini quiz etc.etc.	○ Ppt.Presentation : <i>The ABCs of Nutrition for Kids.</i>

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SCHEDULE - Week V

e-Mail / Lesson No.	Theme / Subject	Additions
13	. Obesity & Pregnancy . Mini quiz on theme/subject included to enhance students' understanding and learning.	<ul style="list-style-type: none"> ❖ Newsletter issue 5 (Ref. NL5) download link included. • https://youtu.be/mwPPKitS5fw • https://youtu.be/1ScNk3K5Rm8
14	.Obesity Treatment Methods and Bariatric Surgery. .Mini quiz etc.etc.	<ul style="list-style-type: none"> • https://youtu.be/iM46P4eULIA ✓ Infographs: Weight Loss Surgery and Selecting the Right Option.
15	.Encouraging Exercise for Kids. .Mini quiz etc.etc.	<ul style="list-style-type: none"> ✚ Video: How to encourage Kids to engage in daily physical activity. ✓ Infograph: Active Kids are Healthy kids. ➤ Product Review = Trampolines

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SCHEDULE - Week VI

e-Mail / Lesson No.	Theme / Subject	Additions
16	.The Doughnut Diet; The S.A.D. ; The Franken Foods. . Mini quiz on theme/subject included to enhance students' understanding and learning.	❖ Newsletter issue 6 (Ref. NL6) download link included. ✚ Video: <i>Calorie Deficit; The 27 Most Fattening Foods and their Healthy Alternatives.</i>
17	.The Good Fats guide. .Mini quiz etc.etc.	✓ Infographic: <i>Fats - The Good, The Bad & The Ugly.</i>
18	.Helping An Obese Child. .What Schools can do. .Mini quiz etc.etc.	• https://youtu.be/rLP3200hgDU

IMPORTANT REMINDERS ABOUT THE COURSE

- 1) There are 3 (three) lessons per week.
- 2) The lessons are sent out and are available for download using a link in the e-mail on Mondays, Wednesdays and Fridays.
- 3) The weekly Newsletter download link is accessible on Mondays.
- 4) Friday lessons (ie the third lesson of every week) will always be related to Children & Teenager issues.

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