

consider the current health status and developmental level of the child or adolescent. The best choice for exercise is any form that is enjoyable and likely to be sustainable. Light exercises, such as walking, may provide an opportunity for the family to increase time together and increase caloric expenditure. Weight training can increase the basal metabolic rate and replace fat mass with muscle mass. However, weight training is not generally recommended for prepubertal children until they have reached physical and skeletal maturity. In prepubertal children, increasing outdoor playtime is likely to be beneficial. Limiting sedentary activities such as television viewing while eating snacks is very beneficial.

Prevention.

Gradual accumulation of adipose tissue during childhood establishes a pattern of eating that is difficult to reverse in adolescence. Prevention of obesity should begin in early childhood with the development of healthy eating habits, regular exercise patterns, and a positive relationship between parents and children. Prevention of adolescent obesity is best accomplished by early identification of obesity in the preschool, school-age, and preadolescent periods. Health care professionals should encourage frequent health care visits for children who are overweight or obese and incorporate a dietary history and counseling into each well-infant, well-child, and well-adolescent visit.*

Anorexia Nervosa and Bulimia Nervosa

Anorexia nervosa (AN) is an eating disorder characterized by a refusal to maintain a minimally normal body weight and by severe weight loss in the absence of obvious physical causes. It is a disorder with social, psychological, behavioral, cultural, and physiological components that result in significant morbidity and mortality. The disorder is a clinical diagnosis listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V-TR) ([American Psychiatric Association, 2013](#)). Individuals with AN are described as perfectionists, academically high achievers, conforming, and conscientious.

Bulimia (from the Greek meaning “ox hunger”) refers to an eating disorder similar to AN. Bulimia nervosa (BN) is characterized by repeated episodes of **binge eating** followed by