Aminata Ndure

Better shape, Worsen Health!! Possible consequences of being an obese and lazy kid

Question suggestions for your book:

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How did this affect you in different settings (friendsl, family, stranger's)?

If you had the opportunity to go back and change it or be different, would you?

What is the biggest takeaway, for you, from the experience?

How did people react or change with the experience?

How does it feel to be in better shape but worse health condition?

How am I managing it?

What does it feel like growing up overweight?