The Effect of High Fiber Diet and Exercise on Body Weight Reduction in Overweight and Obesity Adolescents

Title	The Effect of High Fiber Diet and Exercise on Body Weight Reduction in Overweight and Obesity Adolescents
Abstract	
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Journal Name	Mid-International Conference on Public Health 2018, 153-153
Publish Year	(not set)
Citation	(not set)
Url	https://scholar.google.com/scholar?q=+intitle:"The Effect of High Fiber Diet and Exercise on Body Weight Reduction in Overweight and Obesity Adolescents"
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