Never too late to change: tips from the European Obesity Summit (EOS) 2016

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Highlights from the EOS 2016, in Gothenburg, Sweden. Here we interviewed some speakers, asking them for useful tips to combat this epidemic!

Tips from the EOS 2016

- **Breast is best**: Professor Hania Szajewska from the Medical University of Warsaw, Poland.

- **Do it together**: Professor Thomas Reinehr from the University of Witten Herdecke, Germany.

- **Start early**: Dr Paulina Nowicka from the Karolinska Institute, Sweden.

- **Be mindful**: Professor Kees de Greef from Wageningen University, The Netherlands.

- **Genes matter**: Professor Naveed Sattar from the University of Glasgow, Scotland.

- **Men, keep it off**: Dr Aurora Perez-Cornago from the University of Oxford, England.

- **Move your body**: Anne Sofie Gram from the University of Copenhagen, Denmark.

- **Get up, stand up**: Dr Stacy Clemes from Loughborough University, England.

- **Start with a glass of water**: Dr Pauline Douglas from Ulster University, Northern Ireland.

- **Try a mediterranean diet**: Professor John Mathers from Newcastle University, England.