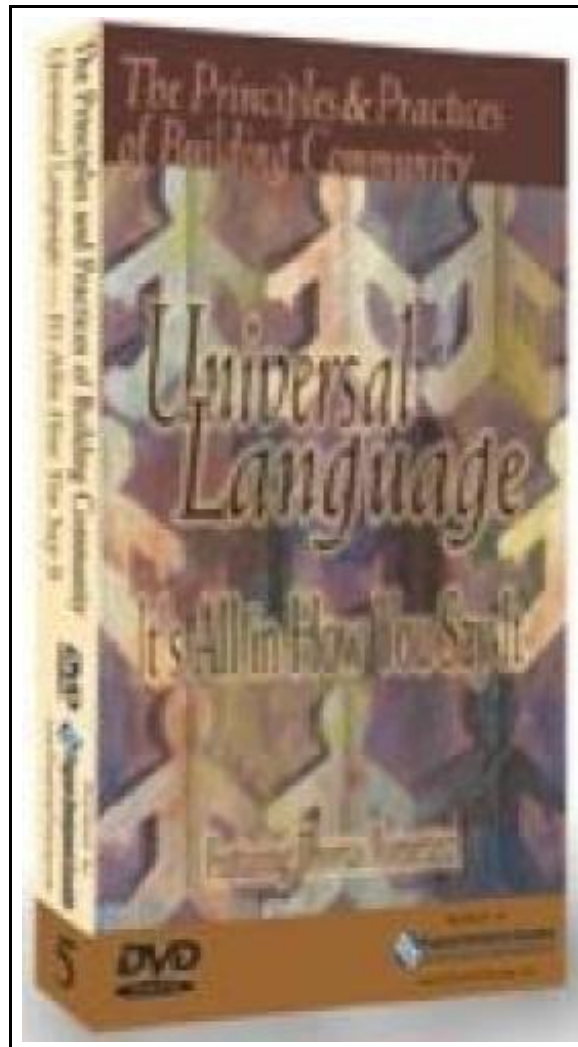


Dr. Robb's Guide to Raising Fit Kids: A Family-centered Approach to Achieving Optimal Health



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Perseus Distribution, 2008. Softcover. Book Condition: New. Dr. Rob's Guide to Raising Fit Kids emphasizes that fitness in children is a family issue, and that parents and children need to work together if the children are to achieve optimal health and live a longer, more rewarding life. Because it is impossible to discuss fitness in children without addressing the increasingly important problem of childhood obesity, issues of maintaining or achieving optimal weight are integral every step along the way. It's not just about food; it's about how kids and their families spend their time. Dr. Rob Gotlin sees sports as the route to physical, psychological, and social health. He coaches many children's teams, because he believes that participation in sports teaches kids basic coordination skills, the rules and how to play by them, thoughtfulness, concern for others, useful experiences in winning and losing, and the satisfaction of giving one's best for a joint goal. These values are reflected throughout the book. Special features of this book that make it a must-read for all parents include: . Fitness guidelines for kids of every age . Choosing the right sport for your child . Choosing the right equipment for every sport and at every age. For each sport, . Healthy meal plans and sports menus that don't look like a diet . Menu planning linked to sports . Provides information on caloric needs for children of all ages and weights . Eating for optimal sports performance . Staying in shape: Exercises for Kids . Advice for Coaches: The Parent Partnership . Keeping kids safe while they have fun . Alcohol, Drugs, and More . Ask Dr. Rob: Common Questions About Fitness in Kids . Child-Friendly Recipes Good Enough for the Whole Family Dr. Robert S. Gotlin is the Director of Orthopaedic and...



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