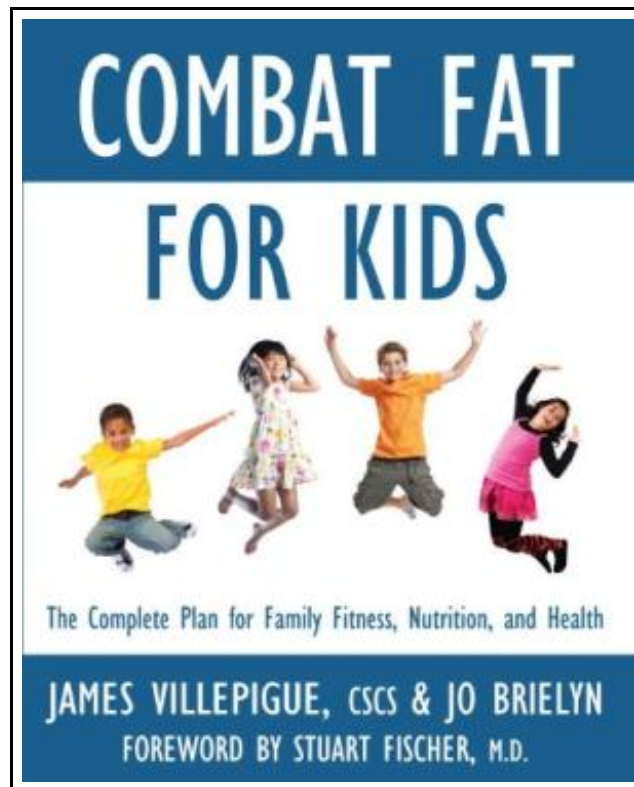


## Combat Fat for Kids: The Whole-Family Approach to Optimal Health



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Hatherleigh Press,U.S., United States, 2012. Paperback. Book Condition: New. 226 x 180 mm. Language: English . Brand New Book. Childhood obesity is a growing and worrying epidemic in our country. Kids these days are not getting the appropriate foods and healthy activity they need. They are bombarded constantly by marketers selling them on highly processed snacks, drinks, and junk food and they ve become the victims of isolating technology which only enables them to stay at home instead of going outside to play. Combat Fat for Kids offers an alternative plan of action for parents to help their children become more aware of good decisions and initiate solid solutions to improve the health of the entire family and beat this deadly disease. Written by acclaimed fitness expert James Villepigue and noted health writer Jo Brielyn, Combat Fat for Kids offers a comprehensive plan that will finally help kids to form better health habits, a more active life and a very bright future. The nutritional and exercise programs featured in the book are effective because they are geared toward the mindset and interests of the family as a whole. The book encourages wholesome nutrition, including whole, unprocessed food choices and embraces local and sustainable food that their young body s were designed to consume. Daily activities are included, that will add a spark to their body s natural fat fighting defense, as well as kid play, sports, and family-based events. Additional sections on behavioral change provides the proper psychological framework for ingraining healthy choices that will last a lifetime. Combat Fat for Kids includes expert advice and tips from top nutritionists, dieticians, fitness professionals, and psychologists to provide a highly reliable resource that s built on an easy-to- understand foundation that can be adapted to meet the needs of every family...



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