

Fat Girl Kicks Butt;; Fat Girl Kicks Butt;



Filesize: 9.47 MB

Reviews

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.
(Meagan Roob)*

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AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.It seems like every week, if not everyday, a new article is published about obesity and diabetes. Americans are getting heavier every year. The percentage of overweight boys and girls has more than doubled during the past two decades. Since both positive and negative behaviors established at a young age have a high probability of persisting into adulthood, it is likely that inactive kids will become inactive adults. This trend can be altered if we decide to accept the solution, eat healthier and exercise. This story is about a young girl who is overweight and is teased and bullied about her weight and her size. After some disturbing news from her doctor, Sarah with the help of her family decides that she will meet her problem head-on by taking control of her life through a healthy diet and exercise. Sarah becomes fit and her self-esteem soars. When it comes to dealing with obesity and possibly the onset of diabetes, we all know the solution is a healthy diet and exercise, but we lack the motivation. Well, Sarah s here, and she is ready to kick butt.



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Other Books



The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

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