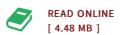




## The Health Plan for Overweight Children: A Parent s Guide to Raising a Healthier Child

By Melissa Langone

iUniverse, United States, 2007. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. If you re concerned about your child s weight, you should be. Obesity rates continue to climb, and a child s sedentary lifestyle can spell trouble down the road. To combat this future problem, parents need to take charge now. The Health Plan for Overweight Children provides an innovative approach to improving your child s life by shifting the focus from a child s weight to his or her health. To help you achieve this worthy goal, Dr. Melissa Langone incorporates the unique strategies of her HAVE FUN plan, which include: Healthy foods Activity Vitamins and minerals End emotional eating Family as support U as a role model No weighing Dr. Langone shows you how to make better nutritional choices for your children by helping you learn how to read food labels, choose vitamin supplements, and create the proper portion sizes. She also includes helpful tips on how to promote physical activity for those children who enjoy music, art, and video games instead of sports. In addition, Langone addresses the challenges faced by single parents and two-parent working...



## Reviews

This sort of publication is every thing and helped me seeking ahead of time plus more. I am quite late in start reading this one, but better then never. I found out this pdf from my dad and i recommended this pdf to learn.

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This book is very gripping and exciting. I was able to comprehended everything out of this written e publication. You will not truly feel monotony at at any time of your respective time (that's what catalogs are for concerning should you question me).

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