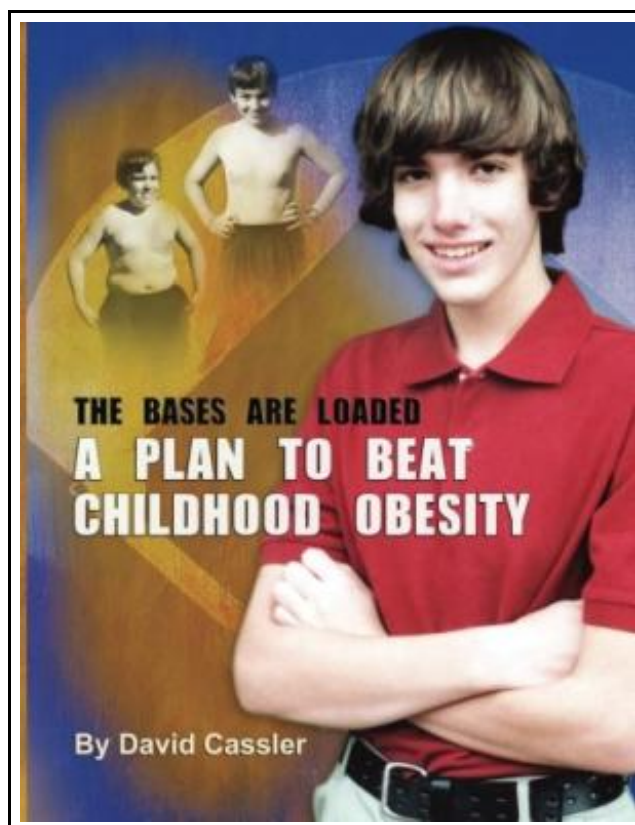


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Reviews

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(Prof. Damon Kautzer III)

A PLAN TO BEAT CHILDHOOD OBESITY: THE BASES ARE LOADED



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Bases Loaded LLC, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.(Title) A Plan to Beat Childhood Obesity (Subtitle) The Bases are Loaded This Book is the first documented weight loss program for children. The book chronicles the program through the narrative of David and Joseph Cassler, a father and son team. At the age of eleven, Joe weighed 143 lbs, 45 of that weight was fat. Using the principles outlined in the book, Joe lost 40 lbs, or 28 body weight, in one years time. The plan is a safe, slow way for children and parents to lose weight together. The plan advocates parental participation, family fun and positive changes in lifestyle. The book uses the game of baseball, Joe s favorite sport, to show analogies and draw comparisons to the challenges childhood obesity presents. After the initial effort, maintaining healthy weight becomes innate. When the program is finished, the principles learned become a way of life, and the weight stays off. While thousands of fad diets and programs exist, the plan breaks new ground. Everything follows a slow, safe and fun model for the burning of excess fat. The book is divided into two parts. The first part of the book contains the theory behind the program. Visual models are used to help the reader understand the principles being taught. Before and after pictures document the weight loss Joe achieved in the course of the year. While the book advocates the belief that genetics is not the primary factor causing obesity, the Bases Loaded theory agrees with scientific evidence that there is a genetic condition that plays a crucial role in the incidence of childhood obesity. In terms of genetic programming human beings are hardwired...



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