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Fat Girl Kicks Butt:: Sarah s Program to a Healthier Life

By Ray Clarke, Lorri Wilson-Clarke

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 216 x 216 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...



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