

Raising Fit Kids In A Fat World - , Joani Jack

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One out of five American children are severely overweight, and this trend shows no signs of stopping. This increasingly common problem is prompting parents to ask how they can protect their kids from the dangers of obesity. In this unique book, Judy Halliday and Joani Jack explain their method for the prevention of and treatment for obesity, tailoring their advice to the specific needs of growing children. They outline the three core concepts of healthy eating: portion control, nutritional meals, and regular exercise, and emphasize the importance of listening to natural body cues of hunger and satisfaction. The authors incorporate their medical knowledge and experience as parents into a faith-based approach to healthy living that is easy for parents and kids to apply. Because this is practical, proven advice rather than a diet, the guidance in this book is appropriate for all ages, and gives parents the tools to encourage behavioral changes in their kids so that they can live fit lives to the fullest. Author: Halliday, Judy Author: Jack, Joani Publisher: Regal Illustration: N Language: ENG Title: Raising Fit Kids in a Fat World Pages: 00224 (Encrypted EPUB) On Sale: 2011-08-30 SKU-13/ISBN: 9780830745340 Category: Health & Fitness : Healthy Living

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