



Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise

Dr Brian McCrindle, James Wengle

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One in seven American children is either overweight or obese.

More than 10 million American children are overweight or obese and the numbers are growing. Kids are consuming too many calories, eating too much fast food, and not getting enough exercise. Such oversized kids are at risk for the early onset of adult diseases such as diabetes, hypertension, high cholesterol and even strokes.

Get a Healthy Weight for Your Child is designed to help parents prevent and treat childhood obesity using the best medical and scientific methods rather than potentially dangerous fad diets and exercise routines.

This book will help parents to:

- Recognize if their child is overweight
- Realize the medical consequences of being overweight
- Understand the social, behavioral, and biological causes of being overweight
- Improve both their child's and family's eating habits, nutrition and overall physical fitness.

The book features practical treatment and prevention with hands-on exercises and informative charts for:

- The stages of diagnosing overweight problems
- Treatment options
- Parental support and encouragement
- A step-by-step recovery map
- Helpful suggestions for family members, teachers, coaches, and friends.

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From reader reviews:

Anthony Hanna:

In this 21st century, people become competitive in every single way. By being competitive today, people have to do something to make them survive, being in the middle of the crowded place and notice through surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to stay than other is high. For you personally who want to start reading a book, we give you this *Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise* book as basic and daily reading publication. Why, because this book is usually more than just a book.

Carol Witt:

Reading a publication tends to be new life style within this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Together with book everyone in this world could share their idea. Guides can also inspire a lot of people. Many author can inspire their reader with their story as well as their experience. Not only the storyline that share in the ebooks. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book which exist now. The authors nowadays always try to improve their talent in writing, they also doing some analysis before they write on their book. One of them is this *Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise*.

Jennifer Nava:

Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love *Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise*, you may enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't obtain it, oh come on its known as reading friends.

April Brooks:

Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to place every word into satisfaction arrangement in writing *Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise* however doesn't forget the main position, giving the reader the hottest and also based confirm resource details that maybe you can be considered one of it. This great information may drawn you into brand new stage of crucial thinking.

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