



Combat Fat for Kids: The Whole-Family Approach to Optimal Health

By James Villepigue

Hatherleigh Press, U.S., United States, 2012. Paperback. Book Condition: New. 226 x 180 mm. Language: English . Brand New Book. Childhood obesity is a growing and worrying epidemic in our country. Kids these days are not getting the appropriate foods and healthy activity they need. They are bombarded constantly by marketers selling them on highly processed snacks, drinks, and junk food and they've become the victims of isolating technology which only enables them to stay at home instead of going outside to play. Combat Fat for Kids offers an alternative plan of action for parents to help their children become more aware of good decisions and initiate solid solutions to improve the health of the entire family and beat this deadly disease. Written by acclaimed fitness expert James Villepigue and noted health writer Jo Brielyn, Combat Fat for Kids offers a comprehensive plan that will finally help kids to form better health habits, a more active life and a very bright future. The nutritional and exercise programs featured in the book are effective because they are geared toward the mindset and interests of the family as a whole. The book encourages wholesome nutrition, including whole, unprocessed food choices and embraces...



READ ONLINE
[8.26 MB]

Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

-- **Mr. Grant Stanton PhD**

A whole new eBook with an all new standpoint. It is actually rally fascinating throug reading through time period. You wont truly feel monotony at anytime of your own time (that's what catalogues are for relating to when you request me).

-- **Claire Bartell**