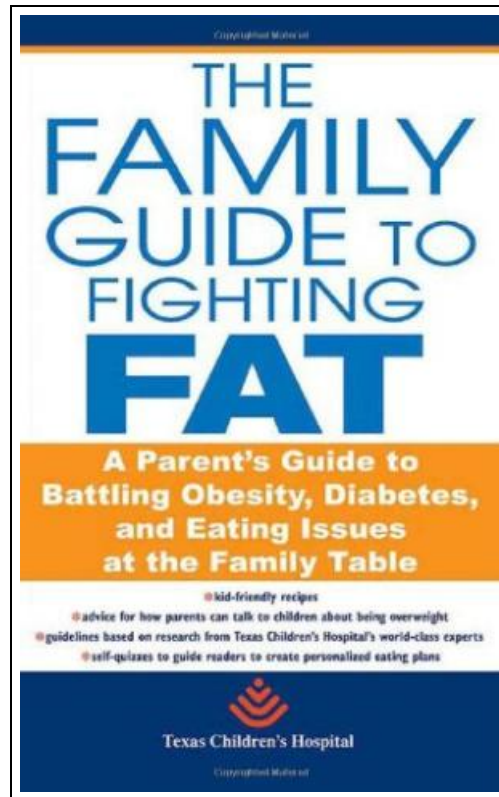


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THE FAMILY GUIDE TO FIGHTING FAT: A PARENTS GUIDE TO BATTLING OBESITY, DIABETES, AND EATING ISSUES AT THE FAMILY TABLE (PAPERBACK)

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Griffin Publishing, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Childhood obesity has become an epidemic in this country and has lead to early onset diabetes and a general health crisis for children. The best way to attack childhood obesity is to start at the family table - The Family Guide to Fighting Fat can give you the tools to do so. This book will give parents the information and strategies they need to help their children decrease fast food and increase fitness. It features information on healthy eating and exercise options for every age group. It gets families off to the right start for losing weight, and then walks them through a step-by-step approach to creating a personalized plan for controlling weight. It features: child-friendly recipes; advice for how parents can talk to children s hospital world-class experts; and guidelines based on research from Texas Children s Hospital s world-class experts; and self-quizzes to help create personalized eating plans. Drawing on the expertise of the wide range of health professionals at Texas Children s Hospital, this is a comprehensive, well rounded, authoritative and complete guide to family weight loss and prevention.

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