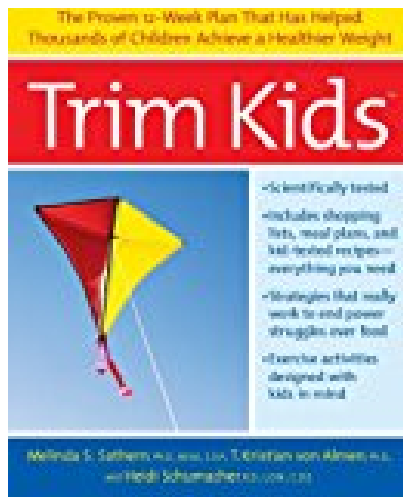


# Trim Kids The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight

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## BOOK DETAILS

- Author : Melinda S. Sothorn
- Pages : 416 Pages
- Publisher : William Morrow Paperbacks
- Language : English
- ISBN : 0060934174

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## BOOK SYNOPSIS

If you think your chubby child will outgrow his or her weight, think again. Today's world of fast food and sedentary pastimes does little to encourage physical activity and healthy eating. One in four children in this country is unhealthily overweight, and the physical and emotional costs will shorten his or her life. But there's good news: Parents can take charge -- and Trim Kids shows how. This easy-to-use, scientifically tested plan helps children achieve a healthy weight -- and have fun doing it. Written by a team of medical experts with over fifteen years of experience helping overweight kids, this book will help you reverse the vicious circle of childhood obesity. Trim Kids is a unique twelve-week plan that gives parents and children a positive, safe initial approach to lifetime weight management. Each week, parents and kids together will practice scientifically proven ways to increase daily activity and will set (and celebrate!) achievable eating and exercise goals. Children will learn kid-specific exercises especially designed for their weight levels, and the family will enjoy dozens of menu plans with tasty, nutritious, kid-tested recipes. You'll discover easy nutrition strategies -- including shopping lists and dining-out tips -- perfect for busy caregivers, and you'll learn how to coach your child in well-established behavioral strategies for making healthier lifestyle choices away from home. The Trim Kids Program is based on the fifteen-year success of one of the only multidisciplinary team approaches in the world for preventing and treating childhood obesity, an approach that has been featured on Oprah, Good Morning America, CBS This Morning, and 48 Hours and in USA Today, Ladies Home Journal, and elsewhere. No matter why your child is overweight, this book -- and its twelve-week plan -- will provide the support you need to ensure success. Soon, the whole family will be practicing new, healthier nutrition and activity habits.

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