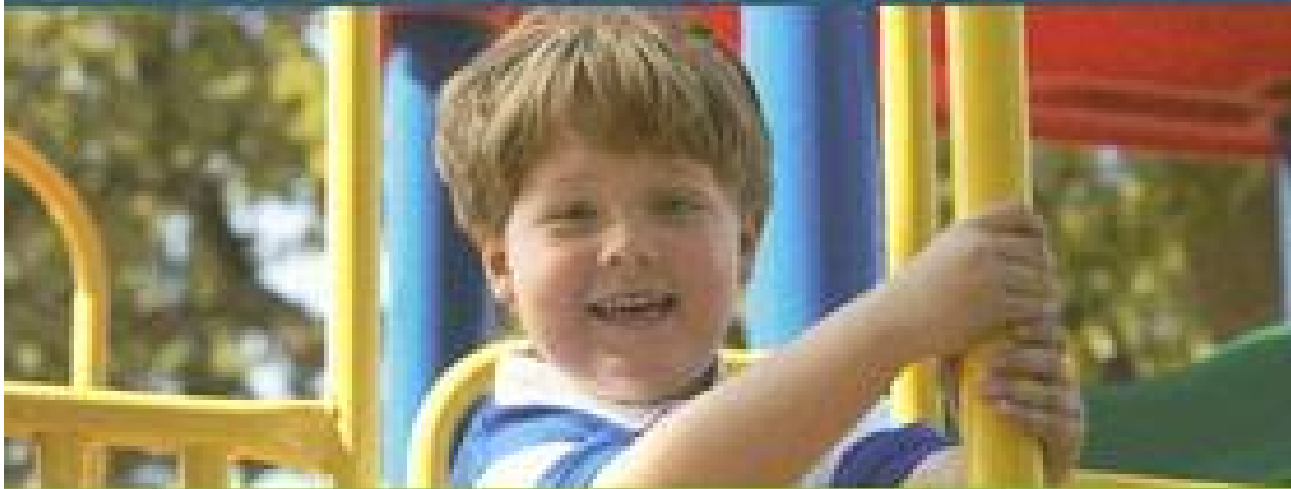


From **THE HOSPITAL FOR SICK CHILDREN**



Get a

# Healthy Weight for Your Child



**A Parent's Guide  
to Better Eating  
and Exercise**

**Dr. Brian W. McCrindle, MD, MPH, FRCP(C)**

**James G. Wengle, MSc**

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

Brian McCrindle

"One in seven American kids is both obese or obese." More than 10 million American young ones are obese or overweight and the numbers are growing. young children are eating too many calories, consuming an excessive amount of quick food, and never getting sufficient exercise. Such Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise outsized childrens are in danger for the early onset of grownup illnesses akin to diabetes, hypertension, excessive ldl cholesterol or even strokes. Get a fit Weight on your baby is designed to aid mom and dad hinder Get a Healthy Weight for Your Child: A Parent's Guide to Better Eating and Exercise and deal with adolescence weight problems utilizing the simplest scientific and clinical tools instead of in all likelihood harmful fad diets and workout routines. This e-book might help mom and dad to: realize if their baby is obese discover the clinical outcomes of being obese comprehend the social, behavioral, and organic explanations of being obese increase either their kid's and family's consuming habits, meals and total actual fitness. The e-book good points functional remedy and prevention with hands-on routines and informative charts for: The levels of diagnosing obese difficulties treatments Parental aid and encouragement A step by step restoration map precious feedback for family members members, teachers, coaches, and friends.

## Get A Healthy Weight For Your Child A Parent S Guide To Better Eating And Exercise

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