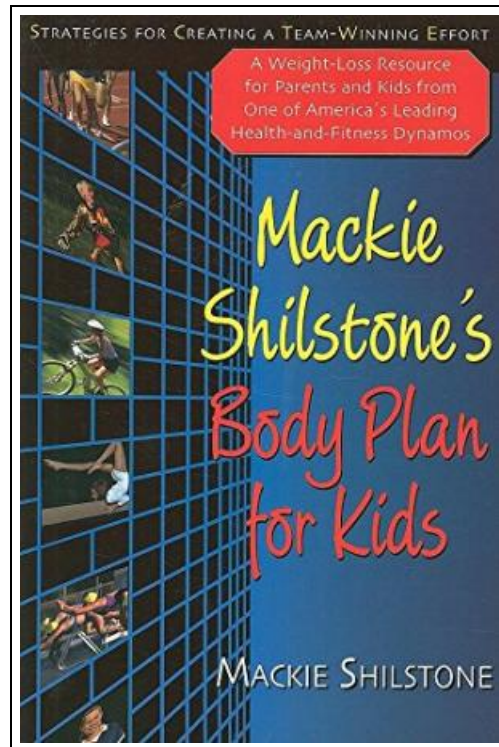


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MACKIE SHILSTONES BODY PLAN FOR KIDS: STRATEGIES FOR CREATING A TEAM-WINNING EFFORT

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Basic Health Publications. Paperback. Condition: New. 176 pages. Dimensions: 8.7in. x 5.9in. x 0.4in. Mackie Shilstone is famous for helping world-class athletes achieve the body, drive, stamina, and performance they need to win. Now, with four decades of health-and-fitness expertise, he focuses on providing solutions to the problem of childhood obesity. Today, 25 million children (that's 1 in 3) are overweight. If no intervention is made, 80 percent of them will stay overweight as adults, which can put them at risk for medical problems (for example, type 2 diabetes, heart disease, and asthma) and make them more susceptible to low self-esteem and depression. Mackie Shilstones Body Plan for Kids is a comprehensive guide for parents to gain control of their child's weight. It is the first book of its kind to offer specific strategies for eating healthily, getting fit, and increasing self-esteem targeted at eight- to twelve-year-olds. The plan shows parents how to: - Take height and weight measurements and determine body-fat percentage;- Work with their child's doctor to determine an ideal target weight;- Involve kids in making better food choices;- Increase daily physical activity with more than two dozen games and activities;- Track eating, exercise, and weight loss electronically. Complete with age-specific advice from a pediatrician, nutritionist, clinical psychologist, and other specialists, as well as recipes and more than 100 online and print resources, Mackie Shilstones Body Plan for Kids gives parents the solutions and tools to bring about effective weight loss in their children (and themselves). This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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