



## Overweight Kids (Paperback)

By Linda S. Mintle

Integrity Publishers, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Raising Healthy Kids in an Unhealthy World teaches parents how to raise healthy kids in an over scheduled, fast-food, video-game world by making simple choices, easy changes and instilling good habits that will improve everyone's life today and forever. This positive, practical, and inspirational guide will help parents find spiritual and behavioral solutions to help their kids achieve and maintain a healthy weight. Acclaimed specialist, Dr. Linda Mintle, gives parents the information and encouragement they need to raise happy, healthy kids. As childhood obesity rises to epidemic proportions, every parent is faced with challenges that were not an issue a decade ago. Dr. Mintle addresses the toxic environment that impacts every family - overscheduling, eating on the run, sedentary options instead of active play, even school systems that no longer include physical activity. She then presents real life solutions that have immediate and long-term results for every family.



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