



Fit Food for Kids: A Diet Plan for Health and Weight Control.

By Kim Davies

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Fit Food for Kids: A Diet Plan for Health and Weight Control., Kim Davies, Our children are in crisis: more than one-third are now categorized as being overweight or obese. But what, in the face of a culture that thrusts unhealthy food and a sedentary lifestyle upon us and our children, can parents actually do? On a basic level, the answer is simple: change the way your family eats and exercises, not just for a few weeks, but for good. This book will help you to do just that, with expert advice about assessing and monitoring weight, ideas about what action you take - including weekly activity and menu planners, fun games and step-by-step exercise routines - and more than 100 healthy, fuss-free family recipes.



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