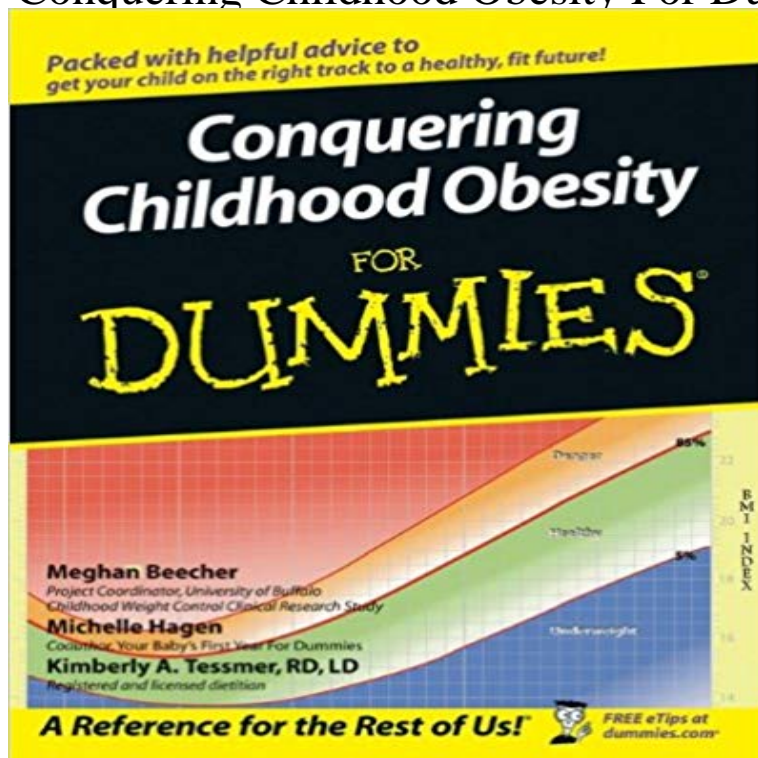


Conquering Childhood Obesity For Dummies



Features fun, kid-friendly activities to get them moving A positive and safe plan for lifetime weight management Concerned about your childs weight? This practical guide provides effective strategies for improving nutrition, increasing physical activity, and dealing with weight issues at home and in the classroom. Youll see how to change your familys lifestyle, help your child make healthier choices (and stick to them!), and foster a lifetime commitment to health and fitness. Discover how to * Introduce good eating habits * Keep your family fit and active * Prepare healthier meals * Maintain your childs weight loss * Find outside professional support * Fix over 30 tasty recipes

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