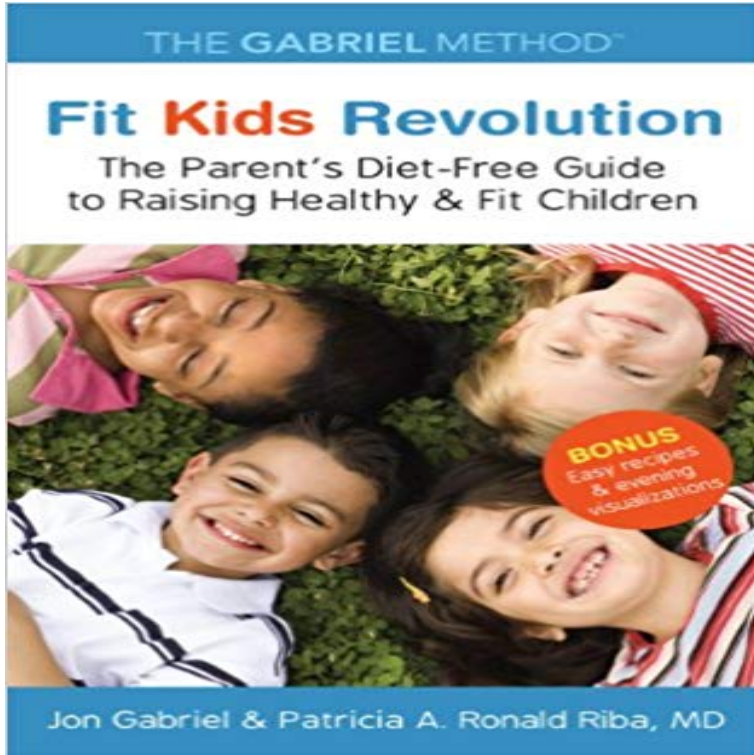


# Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy & Fit Children



If your kid is overweight, you simply need to feed him less and have him run around after dinner, right? Even though this eat less, exercise more paradigm has proven a total failure for adults, this flawed logic is now applied to kids and no surprise, its not working. In the past 30 years, childhood obesity has more than doubled in children and quadrupled in adolescents. Obese youth are more likely to have cardiovascular disease, high cholesterol, high blood pressure, and diabetes. On the emotional front, things are even worse. The plight of overweight children and their families is devastating, and something must be done to stop this downward spiral. Spurred to action after hearing countless stories from overweight kids who were bullied and shamed on a daily basis, weight loss authority, Jon Gabriel, along with pediatric obesity specialist, Patricia A. Ronald Riba, MD, partnered to write an extremely timely new book: *Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy Children*. No restrictive meal plans, no extreme exercise routines, no guilt, and no more shame. This book teaches parents to take a whole child, holistic approach to feeding and nurturing their kids from the inside out. In this ground-breaking book, you'll learn: Specific strategies to raise a healthy child, even when it seems like unhealthy options abound- including food shopping tips + healthy meal and snack ideas Why restrictive diets are not the solution and neither are fat camps or extreme exercise routines How story time combined with positive visualizations can change a child's habits naturally, from the inside out Why the growing epidemic of screen time must be addressed head-on, if we're going to win the battle with obesity How fixed schedules and family meal times can impact your child's eating habits, weight, and health Why parent-child love is the foundation for raising any healthy

child

**: Jon Gabriel: Books, Biography, Blog, Audiobooks** Oct 3, 2014 FIT KIDS REVOLUTION is a guidebook for concerned parents who With children, restrictive dieting and traditional fitness programs are not just parents who want to raise children in an environment with a healthy Parents will find this guide refreshing for their compassionate, blame free approach and **Fit Kids Revolution, Jon Gabriel & Patricia A Ronald MD** Jul 3, 2014 The Fit Kids Revolution Jon Gabriel to produce Fit Kids Revolution: The Parents Diet-Free Guide To Raising Healthy & Fit Children. **Fit Kids Live - The Gabriel Method** The Fit Kids Revolution teamed with Australian Jon Gabriel to produce Fit Kids Revolution: The Parents Diet-Free Guide To Raising Healthy & Fit Children. **The Gabriel Method Fit Kids Revolution 4-Week Coaching Program** Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy & Fit Children. \$17.95. Paperback. Fit Kids Revolution: The Parents Diet-Free Guide to **The Gabriel Method- Fit Kids Revolution Book** Rated 0.0/5: Buy The Gabriel Method: Weight Loss for Kids by Jon Gabriel: ISBN: Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy & Fit **Fit Kids Revolution The Parents Diet Free Guide to Raising Healthy** If your kid is overweight, you simply need to feed him less and have him run around book: Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy **The Gabriel Method: Weight Loss for Kids: Jon Gabriel** - May 27, 2014 The Parents Diet-Free Guide to Raising Healthy & Fit Children Fit Kids Revolution is a guidebook for concerned parents who want to help **Booktopia - Fit Kids Revolution, The Parents Diet-Free Guide to** Dec 8, 2014 FIT KIDS REVOLUTION is a guidebook for concerned parents who want to help their child overcome childhood weight gain Finally a Diet-Free Solution for. Raising Healthy & Fit Children for Life! Get 3 Chapters Free! **Fit Kids Revolution - Book Dr. Patricia** Editorial Reviews. Review. An essential guidebook for anyone who has struggled with the Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy & Fit Children - Kindle edition by Jon Gabriel, Patricia A. Ronald Riba MD. **Jon Gabriel:** Download Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy & Fit Children book - Jon Gabriel, Patricia A. Ronald Riba MD .pdf. Download **Fit Kids Revolution: The Parents Diet-Free Guide to - Goodreads** Apr 27, 2014 The Paperback of the The Gabriel Method- Fit Kids Revolution: The Parents Diet-Free Guide to Raising Healthy & Fit Children by Jon Gabriel, **Fit Kids - Gabriel Code** Fit Kids Revolution is a guidebook for concerned parents who want to help their child overcome The Parents Diet-Free Guide to Raising Healthy & Fit Children. **Jon Gabriel Books, Related Products (DVD, CD, Apparel), Pictures** Jun 17, 2014 Fit Kids Revolution 4-Week Coaching Program: Parents Diet-Free Guide to Raising Healthy & Fit Children. A Virtual Coaching Program led by **: Patricia A. Ronald Riba MD: Books, Biography, Blog** Fit Kids

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