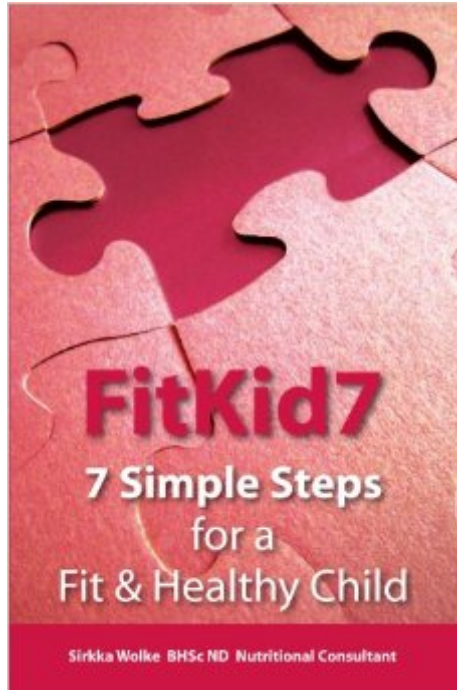


The book was found

FitKid7- 7 Simple Steps For A Fit & Healthy Child!



Synopsis

FitKid7 is guaranteed to help children lose weight and/or get fit! The bonus is that children who live healthily tend to sleep better, have fewer behavior problems, experience less illness and are able to concentrate better in school! The FitKid7 book contains- 7 Simple Steps for a Fit & Healthy Child. Looks into reasons of why kids are unfit &/or overweight. How to get our kids on board to make the positive changes. Harmful Food Additives List. Shopping List. Great Ideas for Meals & Snacks. Recipes. 100% Satisfaction Guaranteed.

Book Information

Paperback: 100 pages

Publisher: FitKid7.com; 1st edition (April 15, 2007)

Language: English

ISBN-10: 0646470906

ISBN-13: 978-0646470900

Product Dimensions: 8 x 5.3 x 0.3 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #4,709,041 in Books (See Top 100 in Books) #76 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #166 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #187 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#)

Customer Reviews

Let me preface this review by stating that I do not have children. However, I was one (weren't we all?), and I did babysit for many, many years. Take my opinion about "FitKid7: 7 Simple Steps for a Fit & Healthy Child" as you will with this knowledge. A how-to book of any sort requires two basic things. First, it must be written so that the reader, any reader, can understand it. Second, it must have clear directions and advice to follow. Given these criteria, does Sirkka Wolke's book qualify as a great investment of your money?The book is divided into three basic parts. The first part lays out the steps to take. The 7 basic steps are easy to understand, because Wolke writes in an approachable, conversational tone. Frankly, her advice isn't all that new. The only truly new thing I saw was the idea that you should not keep anything that isn't healthy in your house. The rest, ranging from water as your primary liquid to a positive attitude, is very common in discussions of good health. My biggest complaint in this first part is that there are a lot of how-to directions and

advice that seem missing. I think many of these steps would be easy to put into place at the beginning of your family from the moment you get married or paired up or buy a house, and certainly before you have children. However, I can see many people buying this book who have older kids or teenagers, and I think much more practical advice is called for, such as how you convince your spouse or partner to get on board and how you deal with the stronger peer pressures and school access at the junior high and high school level. In the second part of the book, Wolke looks at several factors that contribute to unhealthy behavior and eating patterns.

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