



SuperSized Kids: How to Rescue Your Child from the Obesity Threat

By Walt Larimore, Sherri Flynt, Steve Halliday

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SuperSized Kids shows how the mushrooming childhood obesity epidemic is destroying children's lives, draining family resources and pushing America dangerously close to a total health care collapse -- but also explains, step by step, how parents can work to avert the coming crisis by taking control of the weight challenges facing every member of their family. For the first time in American history, a new epidemic is killing our kids. In 1960, only 4 percent of American children were considered obese. That number has skyrocketed to 15 percent today and is almost triple that number in certain ethnic groups. Staggering; is the word the U.S. Surgeon General uses to describe the potential health care costs of childhood obesity. We are seeing Generation Y growing into Generation XL, he declares. The most common health problem facing U.S. children today is being overweight -- a condition robbing kids of both their quality and quantity of life. Medical problems that doctors once saw only in adults aged 50 or older are now striking children: heart disease, stroke, high blood pressure, asthma, joint problems, arthritis. One in three children born in 2000 is expected to develop Type 2 diabetes, with the risk of blindness, loss of kidney function, and early death associated with it. This is the first generation in American history whose life expectancy may actually decrease. Something has to be done, and quickly. Fad diets and self-focused weight loss plans have proven ineffective. An overweight child cannot be effectively treated in isolation of the family insisted one recent study, complaining, surprisingly few intervention programs include multiple family members SuperSized Kids is different. It shows parents how to cure the #1 family health crisis facing them today. It provides a step-by-step, medically sound and eminently doable lifestyle change program designed for the whole family. It also includes practical suggestions for impacting school and community programs as well as what government leaders can do to help.

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Editorial Review

Review

That America is raising a generation of obese and unhealthy kids is not in dispute. Knowing what to do and who should do it is the challenge, but Dr. Walt Larimore and Sherri Flynt get it right in their timely and ground-breaking book, SuperSized Kids: How to Protect Your Child from the Obesity Threat. â€¢ These two authors get the parents off the bench and into the game of coaching their kids to better health and fitness. It's too bad this book wasn't required reading for parents over the past generation! ---- Mike Huckabee, Governor of Arkansas

Not sure where to start to get the whole family to a healthy weight? Look no further; SuperSized Kids is the book you've been waiting for. Walt Larimore and Sherri Flynt are personable, realistic and inspirational, and their principles offer easy ways to change your family's way of life. --- DAVID STEVENS, MD, MA (Ethics) Executive Director, Christian Medical & Dental Associations

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About the Author

Dr. Walt Larimore is one of America's best-known family physicians and is listed in the Best Doctors in America, Who's Who in Medicine and Healthcare, and the International Health Professionals of the Year. When it comes to healthy living for children and parents, Sherri Flynt has a passion for nutrition. This passion led her to complete her Masters in Public Health (M.P.H.) at Loma Linda University. While there, she also received her credentials as a registered dietitian (R.D.). She is currently the head of Florida Hospital's Center for Nutritional Excellence.

Users Review

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Larry Hunter:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite reserve and reading a e-book. Beside you can solve your trouble; you can add your knowledge by the publication entitled SuperSized Kids: How to Rescue Your Child from the Obesity Threat. Try to stumble through book SuperSized Kids: How to Rescue Your Child from the Obesity Threat as your good friend. It means that it can to be your friend when you really feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortuned to suit your needs. The book makes you considerably more confidence because you can know every little thing by the book. So , we should make new experience in addition to knowledge with this book.

Adrian Kester:

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Jessica Ball:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a publication. The book SuperSized Kids: How to Rescue Your Child from the Obesity Threat it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book offers high quality.

Nikki Kirkland:

This SuperSized Kids: How to Rescue Your Child from the Obesity Threat is great e-book for you because the content that is full of information for you who have always deal with world and also have to make decision every minute. This specific book reveal it facts accurately using great coordinate word or we can claim no rambling sentences inside it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but tough core information with splendid delivering sentences. Having SuperSized Kids: How to Rescue Your Child from the Obesity Threat in your hand like having the world in your arm, facts in it is not ridiculous a single. We can say that no guide that offer you world with ten or fifteen minute right but this book already do that. So , this is good reading book. Hi Mr. and Mrs. active do you still doubt that?

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