



My Obese Child: How to Help Your Child Lose Weight and Overcome Childhood Obesity For Good

Bev Crawford

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If you want to help your child live a healthier life and overcome obesity, then this book is for you!

Read on your PC, Mac, smart phone, tablet, or Kindle device.

Obesity is a problem more and more families are facing today. The number of children, particularly in the USA, diagnosed with being overweight or obese has grown alarmingly in the past couple of decades. Overweight and obese children may have a harder time with certain physical activities or be short of breath compared to other children. They are likely to have low self-esteem because of their appearance, and may be subject to teasing or bullying from their peers. But even more importantly, their health is at risk with an increased likelihood of developing cardiovascular disease, like high cholesterol or high blood pressure.

For parents and families with obese or overweight children, the situation can be distressing, and it may be hard to objectively come up with a workable solution. If your child is struggling with weight problems, join me for this short read, and by the end of it, you will learn everything you need to know about childhood obesity and how to encourage your child to partake in responsible food and lifestyle choices for improved health. Included are pointers to remember when talking to your child and answering any weight-related questions he or she might have. This book will help you come up with an action plan, together with your child, to lead your entire family towards a healthier lifestyle.

Here Is A Preview Of What You'll Learn...

- How to Talk to Your Child About Weight and Obesity
- What Body Mass Index Is and What It Means About Your Child's Health
- How to Address Self-Esteem Issues Arising From Obesity
- How to Help Your Child Make Healthy Food Choices
- How to Encourage Your Child to Increase Physical Activity and Exercise
- Much, much more!

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Lloyd Gilbert:

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