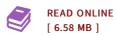




Fit Kids for Life A Parents Guide to Optimal Nutrition Training for Young Athletes

By Jose Antonio

Basic Health Publications. Paperback. Book Condition: New. Paperback. 136 pages. Dimensions: 8.8in. x 6.0in. x 0.4in.When we look back on childhood, we realize that exercise was a lot like play. Recess was a favorite time during school: we enjoyed running, playing tag, or hitting a baseball just because it felt good. And if we were lucky, we carried these healthy habits into adulthood. However, its apparent that staying active, even as kids, has become the exception. The statistics are depressing: up to one-third of American children are obese. And overweight kids become overweight adults. Parents play a significant role in keeping children fit and healthy. Good nutrition and exercise learned as a child can mean a long and active life as an adult. This book can help reades foster these healh habits in their children. Fit Kids for Life coves common misconceptions regarding strength training for children. Kids can safely use resistance training to get firr for recreational activities and sports. Weight lifting allows children to build strength, prevent injury, and improvve motor skills. Coaching tips, gender specific workouts, and training programs are included. The more kids exercise and participate in sports, the more calories and nutrients they need.



Reviews

It in one of the best publication. It is definitely simplistic but excitement in the 50 % in the ebook. I am very happy to let you know that this is basically the greatest publication i have got go through within my own existence and could be he greatest pdf for ever.

-- Dr. Anya McKenzie

An extremely awesome pdf with lucid and perfect reasons. I was able to comprehended everything using this published e pdf. You can expect to like how the blogger compose this pdf.

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