

Fat Dad, Fat Kid

ONE FATHER AND SON'S JOURNEY TO
TAKE POWER AWAY FROM THE "F-WORD"

**Shay Butler
Gavin Butler**



Shay Butler and

Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word"



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In today's world where fast-meals restaurants, soda, and processed food items reign supreme, does "fat dad" Determined to get back into form and inspire his boy on the way, Shay asked Gavin to go on a thirty-day problem with him to eat clean and do thirty minutes of exercise a day.fat child"?Before Shay became well-known for vlogging approximately life along with his boisterous brood of five, known on YouTube mainly because the Shaytards, he was like a great many other American dads: He proved helpful 9 to 5 to pay the bills, ate double bacon cheeseburgers during his lunch breaks, sipped soda during the day, and watched Netflix with handfuls of candy. Digital entrepreneur and much loved vlogger Shay Butler and his preteen son, Gavin, decided to discover out the solution for themselves. Motivated by the fear that he could have a heart attack before thirty-five, Shay made a decision to make incremental adjustments to his eating habits and exercise routine. These little behaviors added up, and before he turned thirty, Shay was nearly 300 pounds. Adopting the attitude that every action, regardless of how small, was much better than what he was doing before, Shay lost a lot more than 100 pounds and ran four marathons, becoming a source of motivation for everybody who followed his journey on his ShayLoss channel on YouTube. Right now, at the age of thirty-five, Shay has discovered that "maintaining"s signature blend of humor, honesty, and unbridled enthusiasm, Fat Dad, Body fat Child chronicles the ups and downs of Shay and Gavin' He in addition has seen how some of his hard-to-break practices are affecting his kids, particularly his eldest son, Gavin, who grew up during the years when his father had "just a little extra Shay on him." need to mean "s lifelong have a problem with health, and proves that it' may be the hard part.s thirty days together, reflects on Shay' Filled with Shay's never too late for parents or kids to embrace a healthier lifestyle—even when it doesn't come easy.



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Hmm...it had been ok.it was cute from the viewpoint of being a enthusiast of the Shaytards, but for it being a health &. It was okay but I don't believe I'll read it again or suggest it to anyone who's not a Shaytards fan. I'm not really sure what to say. MY SON COULDN'T WAIT THIS TO REACH AND HE DOESN'T Treatment TO READ! This book he wrote was extremely inspiring and makes me need to teach for a marathon Best fitness routine ever, I promise!. HE REALLY ENJOYED IT!. Book of the millennium! The book was an excellent read and quite pleasant whether you're a Shaytards fan or not. There was a lot of great details regarding creating a dynamic lifestyle for yourself and your family. I recommend it. Five Stars daughter loves her publication HE REALLY ENJOYED IT! fitness book, it had been basically the same thing said over and over again in various ways.Drink drinking water, workout, etc lol. Four Stars Love the shaytards and this book inspires you to obtain motivated to lose weight Five Stars My granddaughter really enjoyed this reserve. She adores the Shaytards. Shay Does it again! love this reserve. It's among the only weight loss books I actually finished. A great purchase Gave as something special, really packed book. Good quality binding and printing aswell. really great book i loved it really great book to read during school doing Homework hanging out with my close friends and recommend it to them Amazing I love shay and he did what many don't feel like doing.. You will laugh, you will cry, you will sweat, and you'll be inspired. Very inspiring book and you can research their YouTube videos to check out this weight loss/fitness challenge. Great publication for creating a dynamic lifestyle I bought this book simply because I am an enormous fan of the Shaytards YouTube channel. Best book I have read in an extended, long time.



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