

BY THE CREATOR OF PROJECT ACE AND PROJECT RAY

KEEPING KIDS

A FAMILY PLAN
FOR RAISING
**Active, Healthy
Children**

FIT

"A simple blueprint for parents that
helps kids keep great habits."
—*Teen* **Health**, summer magazine



With a Foreword by
OLYMPIC CHAMPION
Shannon Miller

LEN SAUNDERS

"Len Saunders has spent the last three decades
teaching children how to stay active and healthy."

USA TODAY 14 TIME OLYMPIC GOLD MEDAL CHAMPION

Len Saunders

Keeping Kids Fit: A Family Plan for Raising Active, Healthy Children



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Addressing the childhood weight problems crisis that is facing today' Reducing the use of technology, keeping healthy sleep patterns, reducing snacking, and remaining hydrated are topics also information examines the psychology behind sports and how parents can help positively encourage their children to participate.s youth, this basic and effective guide to exercise and diet provides a comprehensive plan for encouraging children to live healthier, more active lifestyles. Not limited to diet alone, this resolved in this handbook, which usually helps parents make healthful lifestyles fun and interesting.



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I think the roots of the issue are well-documented and I also think the solution is a lot more basic than we even understand. The Keeping Kids Fit book has been a wonderful resource not only for myself, but for my children. Sorry when planning on taking up space. I would suggest this reserve to anyone who would like a simple, doable approach to solve this problem. Funny, it is not only for children who could be overweight, but also for any kid. It has easy to follow dishes and exercise plans, in addition to covering almost every subject needed by parents. This is not a book I've read. Great family exercises This book provides great activities and ideas for families not only to stay fit but to invest time together! I really like that he doles out the responsibility evenly between the children, the parents, the academic institutions and the community. this book gives effective methods to get back into a dynamic, healthy lifestyle without drastically changing everything.. It even offers strategies for simple snacks that will keep everybody energized and focussed. Thanks a lot for the increase, Mr. Saunders! Rosemary R.!! I've Seen This Work, Firsthand! It is truly an amazing book! This publication is a wealth of healthy information! The writer has a method of making workout and eating nutritiously fun, easy, and a family affair. The descriptions and artwork in the reserve are wonderful, and I've nothing but praise for this book. I applaud First Lady Michelle Obama when planning on taking on childhood obesity as her cause. A must have! Timely and Important Advice The timely book by Len Saunders, "Keeping Kids Fit," is a lot more than an instructions --- it is an imperative for our nation as we face an unprecedented problem. Great job! As somebody who works in public areas housing I see all around me kids whose families battle to put food on the table, yet are obese! What's happening here to trigger such a paradox? Amazing I've had this reserve for a couple months, and wanted to wait before giving a review. We have to feed our kids more nutritious food and get them away from the displays and moving once again. But what sounds so simple seems to be so really difficult to accomplish! I would highly recommend it to anyone who wants to have healthier children. Her message definitely brings recognition. But after recognition there should be action. That is where Len Saunders comes in. A Winner This was the precise book I have been looking for. It covers every important topic in clear, concise ways and will be offering multiple solutions without being overly complex. A must book for just about any parent! Just how I kept active as a child is much unique of how I make an effort to keep my children active.. I really like that he does not blame or lecture, simply gives solid information backed by research but light on boring statistics. I would suggest this book to anyone with a child. I'd like to give this publication to each one of our public housing families! Actually, Let me give this publication to every family I know. It's timely and much needed in this point in time. It's a well-organized read that even the youngsters will understand and gets you on the right track for a healthier life.. His publication is a proactive approach and a guide that anyone can understand and use. Additional books have such challenging terminology in them, and I must say i appreciate the easy language in this reserve, so "us" non specialists can abide by it! I had met the author last year at a covention, and he includes a genuine interest for helping children remain healthy. The positive adjustments are also not only in the children, but also in the households that consume healthier and move more. The sample menus and healthy snacks are excellent, and all the reserve topics helped my kids in every areas, whether getting proper sleep, hydration, exercise, and nourishment. He tackles the "why" along with the "how" and there is no advice contained in the book that can't be achieved by anyone, no matter their age or race or socioeconomic status. This book is not for obese children, but for all types of children. Amazing tool for anybody who adores kids & This book may be the perfect fit showing just that. I acquired the book the other day because I've been wanting to work some more exercise into our lives and get my seven-year-aged to be more active so she's a

wholesome adult. That is just the overall game plan I had a need to do this. Len has doable suggestions for ways to work exercise into the day, tips on eating habits and rest and age-related recommendations for all three areas. There are examples of warm ups, stretches and awesome downs and the best way to do them to greatly help protect from damage. What a wonderful tool to help grow a child! Thanks for the great book, Len, I can't wait to get my child started on a wholesome road! This Book is Spot-On A healthy body and self-esteem go hand in hand. wants them to be healthful! And then watch what happens. Statistics display our kids are excess fat and getting fatter and are now, for the very first time in history, facing adult health problems brought on by sedentary living and poor nutrition. – health author Cal Orey A wealth of healthy information! I love the usage of "Top Ten" lists, which serves to create re-referencing the guidance so basic. I needed concepts for kids who cannot workout at the gym like adults or would prefer to watch TV or play video gaming. The "Keeping Kids Match" book is a great source for adults who want strategies to obtain child into a healthier life style and maintain them there. You don't have to have a background in health and fitness to understand this book since it is written in a manner that is easy to follow. His reserve is well written, and filled with great information. These adjustments are possible because visitors can better comprehend why their children are over weight and how they can reverse weight gain. This content is suitable, fun, interesting, and helpful. We make an effort to be very wellness conscious, which book makes being healthy simple with excellent results. Len Saunders I posted an incorrect review and was trying to delete it, but am struggling to figure out how to carry out that. Readable, and my child and I have had so much success reading it together. Good in shape for kids and parents alike It's too possible for parents and children to slip into bad habits. Great Resource A terrific source for any parent. I came across this book quite helpful, well written, great images, and well rounded - talked about all areas of wellness for your kids. I strongly recommend this book!



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