

Fat Dad, Fat Kid

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

**Shay Butler
Gavin Butler**

READ BY
THE AUTHORS



Shay Butler and
Fat Dad, Fat Kid



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In today's world, where fast-food restaurants, soda, and processed food items reign supreme, does "fat dad" need to mean "fat kid"? He has also seen how some of his hard-to-break practices are affecting his kids, particularly his eldest son, Gavin, who was raised during the years when his father had "a little extra Shay on him. Motivated by the fear that he could have a heart attack prior to 35, Shay made a decision to make incremental changes to his eating habits and exercise routine. Now, at the age of 35, Shay has found that "maintaining" is the hard part. Before Shay became well-known for vlogging on the subject of life with his boisterous brood of five, known on YouTube because the Shaytards, he was like many other American dads: He worked well 9 to 5 to pay the bills, ate twice bacon cheeseburgers during his lunch breaks, sipped soda during the day, and watched Netflix with handfuls of candy. Adopting the attitude that each action, no matter how small, was much better than what he was carrying out before, Shay lost a lot more than 100 pounds and ran four marathons, learning to be a source of motivation for everybody who followed his trip on his ShayLoss channel on YouTube. These little behaviors added up, and before he turned 30, Shay was nearly 300 pounds. Digital business owner and much loved vlogger Shay Butler and his preteen boy, Gavin, decided to find out the solution for themselves." Identified to return back to form and inspire his son on the way, Shay asked Gavin to embark on a 30-day task with him to consume clean and do 30 minutes of training a day. Filled with Shay's signature mixture of humor, honesty, and unbridled enthusiasm, Fat Dad, Fat Kid chronicles the ups and downs of Shay and Gavin's 30 days jointly, displays on Shay's lifelong have a problem with health, and proves that it's never too past due for parents or children to embrace a wholesome lifestyle - even when it generally does not come easily.



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Hmm... Great reserve for creating an active lifestyle I purchased this book due to the fact I am a huge lover of the Shaytards YouTube channel. I'm not sure what to say. She enjoys the Shaytards. There was plenty of great info regarding creating an active lifestyle for yourself as well as your family.it had been cute from the viewpoint of being a lover of the Shaytards, but as for it being a wellness & fitness book, it had been basically the same thing said over and over again in various ways. I highly recommend it. The publication was a fantastic read and quite enjoyable whether you're a Shaytards enthusiast or not. love this publication. It was okay but I don't believe I'll read it once again or suggest it to anyone who's not really a Shaytards fan.it had been ok.... Five Stars daughter loves her book HE REALLY ENJOYED IT! MY SON COULDN'T WAIT FOR THIS TO ARRIVE AND HE DOESN'T Treatment TO READ! HE REALLY ENJOYED IT! Four Stars Love the shaytards and this book inspires you to get motivated to lose excess weight Five Stars My granddaughter really enjoyed this reserve.. Shay Does it all again!Drink drinking water, workout, etc lol. It's one of the only weight loss books I in fact finished. A great purchase Gave as something special, really packed book. Top quality binding and printing aswell. really great book i loved it really great book to read during school doing Homework getting together with my close friends and recommend it to them Amazing I love shay and he did what many don't feel like doing. This publication he wrote was very inspiring and makes me wish to train for a marathon Best fitness routine ever, I promise! Best book I have read in a long, long time. You will laugh, you will cry, you will sweat, and you'll be inspired. Book of the millennium! Very inspiring book and you may look up their YouTube videos to follow along with this weight loss/fitness challenge.



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