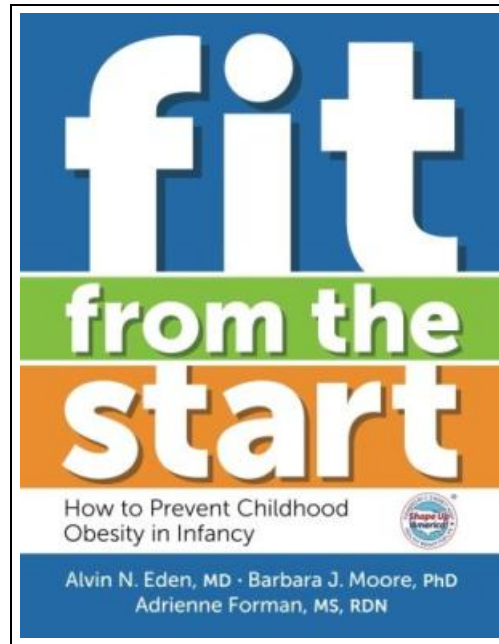


Fit from the Start: How to Prevent Childhood Obesity in Infancy



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FIT FROM THE START: HOW TO PREVENT CHILDHOOD OBESITY IN INFANCY



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Shape Up America!, United States, 2014. Paperback. Book Condition: New. 244 x 185 mm. Language: English . Brand New Book ***** Print on Demand *****.Nearly 2 out of 3 children who are obese by kindergarten will remain obese as teens, and most of these teens will become obese adults. What you do now can spare your baby a lifetime of struggle with obesity. This easy-to-read book gives you the critical information you need to prevent obesity in infancy, including: How to avoid overfeeding (with breast and bottle) How to spot excess weight gain, and what to do about it Why sleep matters, and how to establish healthy sleep patterns How and when to introduce solid foods How to avoid an unhealthy appetite for sugary drinks How to help your baby get exercise before beginning to crawl or walk Written by a pediatrician (Eden), an obesity scientist (Moore), and a nutritionist (Forman), this book is based on the latest scientific research in preventing childhood obesity in infancy. Each chapter explains a single concept and summarizes it with easy-to-remember guidelines and expert advice. Author Dr. Eden also shares questions and answers encountered during his 40+ years of pediatric practice. Bonus material includes: Delicious and healthy recipes Menu plans to help moms Tmaintain or safely lose weight Links to engaging exercise videos of infant games and songs This book is published in memory of C. Everett Koop, MD, ScD, the 13th U.S. Surgeon General and founder of Shape Up America!(r), who pioneered the idea that obesity is a serious and preventable public health concern. Reviews and Endorsements: Fit from the Start is an excellent guide for new parents in helping to prevent childhood obesity. We, as parents, physicians, teachers, and community all want our children to grow up healthy with healthy eating habits,...



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