

Get a **Healthy Weight** for Your Child

A Parent's Guide to Better Eating and Exercise

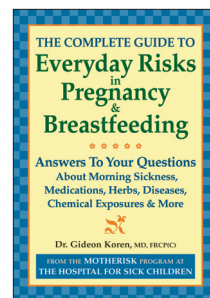
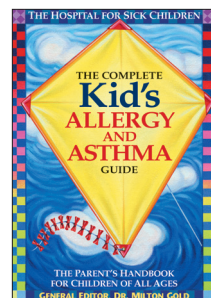
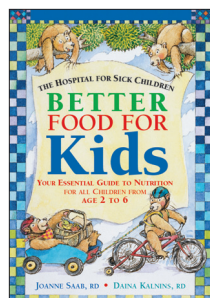
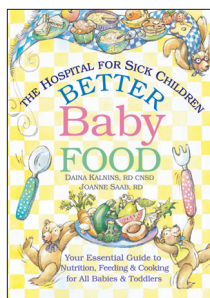
The number of overweight children is reaching alarming rates. So, too, are the risks associated with being overweight, including life-threatening conditions, such as heart disease, type 2 diabetes, and stroke.

In *Get a Healthy Weight for Your Child*, you will learn about the **Healthy Weight Program**, which will help children make the necessary changes to their nutrition and lifestyle so they become healthy and fit. The program benefits children who are not at a healthy weight, who are at risk of becoming overweight, or who just eat poorly and are physically unfit, regardless of their weight.

This book features:

- Practical guidelines for improvement and prevention
- Hands-on worksheets for meals and exercises
- Helpful food selection and fitness tips for parents
- Charts for calculating overweight and healthy weight
- Guidelines for setting nutrition and activity goals
- Guided nutrition tours of the fresh and processed food sections of grocery stores
- Menu plans and food preparation advice
- Strength and flexibility exercise routines

Also Available



The Hospital for Sick Children is acknowledged as one of the foremost children's hospitals in the world. It has been providing specialized care for infants, toddlers, and all children up to 18 years of age, since 1875. With an international reputation for treatment and research programs in all areas of children's health, the hospital treats some 340,000 patients each year.

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**Robert
ROSE**

ISBN 0-7788-0114-4



Dr. Brian W. McCrindle, MD, MPH, FRCP(C)
& James G. Wengle, MSc

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From **THE HOSPITAL FOR SICK CHILDREN**



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