



The F.I.T. Files: Balance It Out (Paperback)

By Sue Comeau

Sue Comeau, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Meet Finn Tilley, a successful life coach - who just happens to be 13 years old. Finn gets a panicked call from his drama-loving best friend Charlie and he knows something big is up. Whenever Charlie is stressed, his voice goes up - right now he sounds like a chipmunk on Red Bull. Charlie needs Finn's help. Charlie went to the doctor and found out his BMI is too high and he's overweight. Now his mom is threatening to take him to ICLI (I Can Lose It) meetings. Charlie is picturing himself in a room with a bunch of hungry old ladies, and he's mortified. And what the heck is BMI anyway? Can he just take some vitamins or something? Charlie needs Finn to help him sort things out. Sure, Charlie has put on a few pounds lately - he has a scooter for his mansion, and his chef bakes oversized cookies, daily. And while Finn and the rest of their friends love being active, Charlie's new favorite activity is reclining. Still, this ICLI thing seems a little drastic. Finn...



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