

## Healthier Kids / Smarter Kids: Common Sense Tips to Help Your Child Excel at School



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*(Edgar Witting)*

## HEALTHIER KIDS / SMARTER KIDS: COMMON SENSE TIPS TO HELP YOUR CHILD EXCEL AT SCHOOL

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Createspace, United States, 2011. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. HealthierKids, SmarterKids offers a series of simple but realistic tips on how families can develop healthy eating habits and improved fitness. The book focuses on how these habits have a direct correlation to success in school and in extracurricular activities. Every day, children are bombarded with enticements to eat loads of junk food, guzzle sodas and super-size everything. And with our busy schedules, fast food seems so convenient and it feels nearly impossible to establish a normal schedule with our children. And with video games and computers, kids just don't go out and play like they used to. It's no wonder why childhood obesity is on the rampage and why illnesses due to poor nutrition abound. No one wants this for his or her child, but there isn't a lot of support out there for helping our children to live healthier lives and be truly successful in school and extra-curricular activities. HealthierKids, SmarterKids is a simple, intuitive guide to helping your child eat healthily, get enough rest, feel secure in a routine, and be successful at school and in life. And it's fun to use! HealthierKids, SmarterKids is about teaming up with your child rather than admonishing him or laying down the law. The tips inside are pure protein! Joining forces with your child to follow them will result in a healthier, happier and more successful child on all fronts. We hope you'll find HealthierKids, SmarterKids to be a valuable resource for years to come. You can read an excerpt by copying this link and pasting it into your browser: // kids excerpt.pdf.



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