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## Please Mum, Don't Supersize Me: Keep Your Family Trim and Healthy

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By Richard Marc, Joey Marc

Rockpool Publishing. Paperback. Book Condition: new. BRAND NEW, Please Mum, Don't Supersize Me: Keep Your Family Trim and Healthy, Richard Marc, Joey Marc, This is an essential guide to a healthier, happier child. It is packed with clear, straightforward information about healthy living for all the family: the truth about 'puppy fat'; how to find out if your child really is overweight; how families can lose weight the safe way; establishing healthy eating and exercise habits for life; how to motivate and encourage your children; setting achievable goals; and, teaching your kids to enjoy eating healthy foods and being active. Healthy children are happier children. As a parent, once you understand the fundamentals of good nutrition and physical exercise, you will be able to guide your child to a healthy, happier life. Don't fall into the trap - don't supersize your child.



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### Reviews

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