



## Fit from the Start: How to Prevent Childhood Obesity in Infancy (Paperback)

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By Alvin M Eden, Barbara J Moore, Adrienne Forman

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:...



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-- **Desmond Becker**

*Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).*

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