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

By Dave Kovar

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...

Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



The Fire Children

Rebellion, United Kingdom, 2015. Paperback. Book Condition: New. Not for Online. 198 x 130 mm. Language: English . Brand New Book. Fifteen years have passed since Mother Sun last sent her children to walk the world. When the eclipse comes, the people...



I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence: I wish my teacher knew . The...



Creeper, Zombie, Skeleton and More Jokes for Kids

Createspace, United States, 2014. Paperback. Book Condition: New. 190 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.Creeper, Zombie, Skeleton and More Jokes for Kids - stocking fillers for kids Awesome Joke Books for Kids - 101...



Boost Your Child s Creativity: Teach Yourself 2010

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



The Magical Animal Adoption Agency Book 2: The Enchanted Egg

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn t hatched yet! Mr. Jams brought home...



Buy One Get One Free

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book. There was a slave story told that only a few knew about. A story about a young man who was blessed by God and...