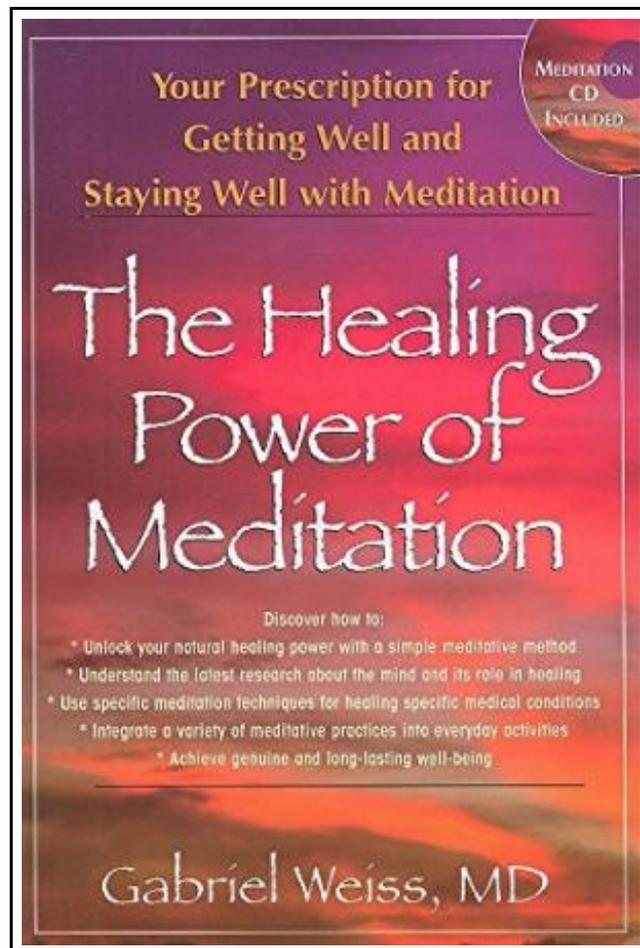


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Basic Health Publications, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Let's make our goal the raising of a generation of healthy young people who, through thoughtful participation in their world and sensible eating habits, will seek their best level of performance, develop it, and so build self-confidence through success." Dr. Rob's Fitness Guide for Kids with Sensible Parents emphasizes that fitness in children is a family issue, and that parents and children need to work together if the children are to achieve optimal health and live a longer, more rewarding life. Because it is impossible to discuss fitness in children without addressing the increasingly important problem of childhood obesity, issues of maintaining or achieving optimal weight are integral every step along the way. It's not just about food; it's about how kids and their families spend their time. Dr. Rob Gotlin sees sports and exercise as the route to physical, psychological, and social health. He coaches several children's teams, because he believes that participation in sports teaches kids basic coordination skills, the rules and how to play by them, thoughtfulness, concern for others, useful experiences in winning and losing, and the satisfaction of giving one's best for a joint goal, and offers a terrific vehicle for attaining physical fitness and good health. These values are reflected throughout the book. Special features of this book that make it a must-read for all parents include: Fitness guidelines for kids of every age. Developing an exercise program is considered in the context of a child's age, and what can be expected at each age in terms of physical prowess and emotional response. At age 6, for example, the attention span is less than a minute, so games and sports should be about movement, not about...

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