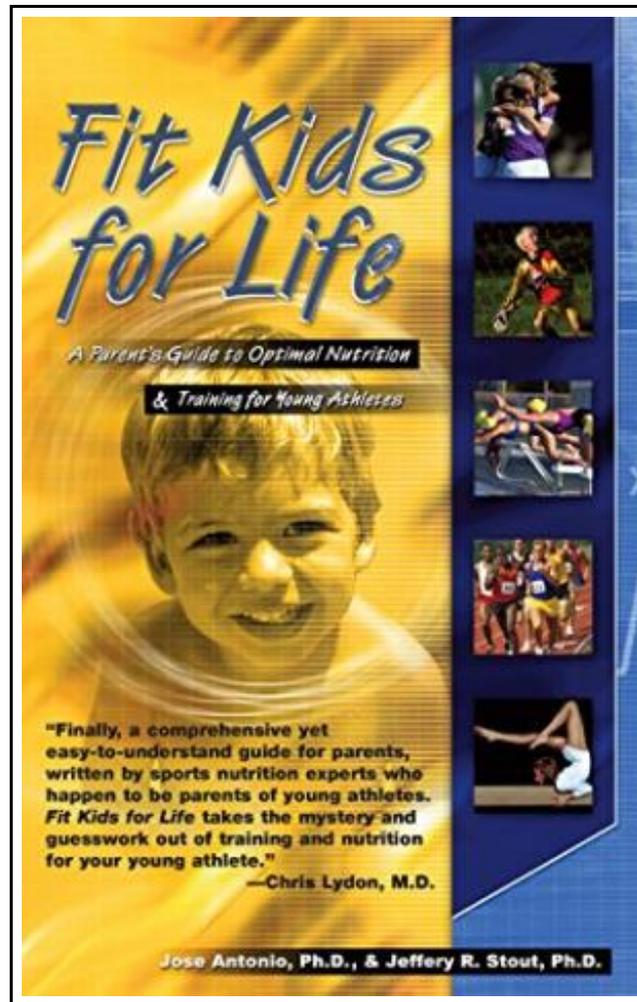


## Fit Kids for Life A Parents Guide to Optimal Nutrition Training for Young Athletes



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Basic Health Publications. Paperback. Book Condition: New. Paperback. 136 pages. Dimensions: 8.8in. x 6.0in. x 0.4in. When we look back on childhood, we realize that exercise was a lot like play. Recess was a favorite time during school: we enjoyed running, playing tag, or hitting a baseball just because it felt good. And if we were lucky, we carried these healthy habits into adulthood. However, it's apparent that staying active, even as kids, has become the exception. The statistics are depressing: up to one-third of American children are obese. And overweight kids become overweight adults. Parents play a significant role in keeping children fit and healthy. Good nutrition and exercise learned as a child can mean a long and active life as an adult. This book can help readers foster these health habits in their children. **Fit Kids for Life** covers common misconceptions regarding strength training for children. Kids can safely use resistance training to get fitter for recreational activities and sports. Weight lifting allows children to build strength, prevent injury, and improve motor skills. Coaching tips, gender specific workouts, and training programs are included. The more kids exercise and participate in sports, the more calories and nutrients they need. Athletics creates more nutritional demands on the body, especially when a hectic and unhealthy eating schedule has become a habit. Parents and young athletes need to understand the importance of high-quality nutrition. You'll find general dietary guidelines for health eating for active kids, as well as tips on pre- and post-exercise nutrition, staying hydrated while exercising, and health snacks. In short, **Fit Kids for Life** will help you keep young athletes injury free, active, and healthy right into adulthood. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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