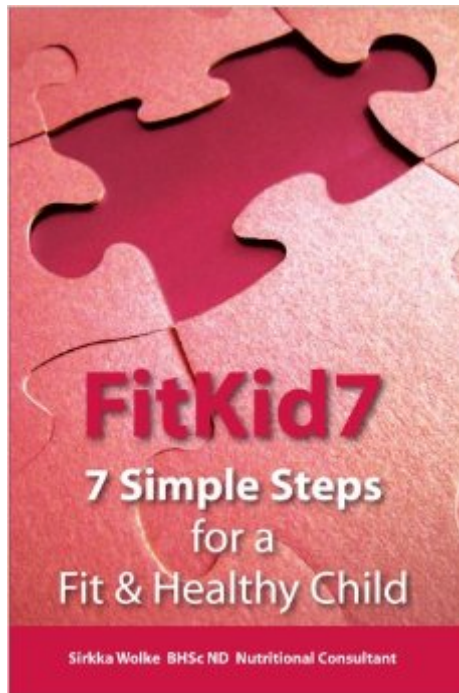


The book was found

# FitKid7- 7 Simple Steps For A Fit & Healthy Child!



## Synopsis

FitKid7 is guaranteed to help children lose weight and/or get fit! The bonus is that children who live healthily tend to sleep better, have fewer behavior problems, experience less illness and are able to concentrate better in school! The FitKid7 book contains- 7 Simple Steps for a Fit & Healthy Child. Looks into reasons of why kids are unfit &/or overweight. How to get our kids on board to make the positive changes. Harmful Food Additives List. Shopping List. Great Ideas for Meals & Snacks. Recipes. 100% Satisfaction Guaranteed.

## Book Information

Paperback: 100 pages

Publisher: FitKid7.com; 1st edition (April 15, 2007)

Language: English

ISBN-10: 0646470906

ISBN-13: 978-0646470900

Product Dimensions: 8 x 5.3 x 0.3 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #4,709,041 in Books (See Top 100 in Books) #76 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #166 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #187 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#)

## Customer Reviews

Let me preface this review by stating that I do not have children. However, I was one (weren't we all?), and I did babysit for many, many years. Take my opinion about "FitKid7: 7 Simple Steps for a Fit & Healthy Child" as you will with this knowledge. A how-to book of any sort requires two basic things. First, it must be written so that the reader, any reader, can understand it. Second, it must have clear directions and advice to follow. Given these criteria, does Sirkka Wolke's book qualify as a great investment of your money?The book is divided into three basic parts. The first part lays out the steps to take. The 7 basic steps are easy to understand, because Wolke writes in an approachable, conversational tone. Frankly, her advice isn't all that new. The only truly new thing I saw was the idea that you should not keep anything that isn't healthy in your house. The rest, ranging from water as your primary liquid to a positive attitude, is very common in discussions of good health. My biggest complaint in this first part is that there are a lot of how-to directions and

advice that seem missing. I think many of these steps would be easy to put into place at the beginning of your family from the moment you get married or paired up or buy a house, and certainly before you have children. However, I can see many people buying this book who have older kids or teenagers, and I think much more practical advice is called for, such as how you convince your spouse or partner to get on board and how you deal with the stronger peer pressures and school access at the junior high and high school level. In the second part of the book, Wolke looks at several factors that contribute to unhealthy behavior and eating patterns.

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FitKid7- 7 Simple Steps for a Fit & Healthy Child! Vegan Eating: 31 Steps to Become a Vegan: It is not Just About the Food - You Want to Be Healthy, Fit and Change your Diet. Here's How you do It (Health, Vegan Food, Green and Lean) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) Get Fit, Stay Fit Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Attention Difference Disorder: How to Turn Your ADHD Child or Teen's Differences into Strengths in 7 Simple Steps Smart Mama's Green Guide: Simple Steps to Reduce Your Child's Toxic Chemical Exposure Simple Steps to Foot Pain Relief: The New Science of Healthy Feet The Tiger's Child: The Story of a Gifted, Troubled Child and the Teacher Who Refused to Give Up On (One Child) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) No Gym Needed - Quick & Simple Workouts for Busy Guys: Get a 'Fit' Body in 30 Minutes or Less! Do Your Bit to Be Physically Fit! (Healthy Habits for a Lifetime) Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) SuperLife: The 5 Forces That Will Make You Healthy, Fit, and Eternally Awesome Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Happy Feet, Healthy Food: Your Child's First Journal of Exercise

and Healthy Eating

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