



## Healthier Kids / Smarter Kids: Common Sense Tips to Help Your Child Excel at School (Paperback)

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...



**READ ONLINE**  
[ 1.51 MB ]

### Reviews

*A top quality ebook and the font used was fascinating to read through. It is written in easy terms and not confusing. It's been written in a remarkably easy way in fact it is simply after I finished reading through this publication through which actually altered me, alter the way I believe.*

-- **Roberto Block**

*Absolutely essential read through pdf. it was actually written extremely flawlessly and valuable. You will like how the writer publishes this book.*

-- **Destin Leffler**