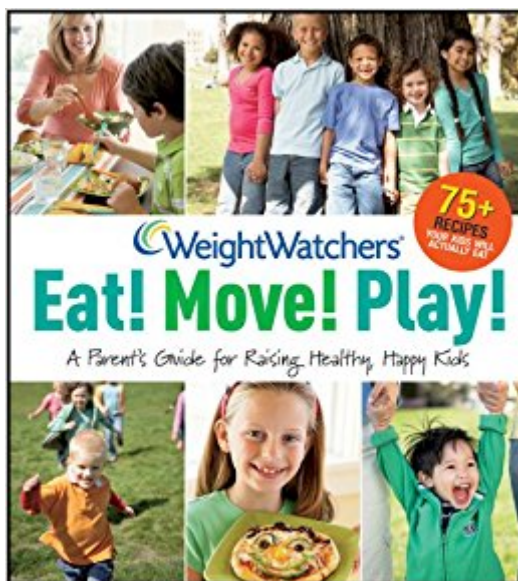


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# Weight Watchers Eat! Move! Play!: A Parent's Guide for Raising Healthy, Happy Kids (Weight Watchers Lifestyle)



## Synopsis

Provides hundreds of tips, ideas, and best practices to develop smart eating habits, and keep fit and healthy, featuring over seventy-five kid-friendly recipes to encourage children to help out in the kitchen.

## Book Information

Series: Weight Watchers Lifestyle

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## Customer Reviews

The commonsense parent's guide to developing smart, healthy eating habits in their childrenWhether it's 24/7 snacking, daily fast-food runs, or nonstop video-game marathons, nowadays it's tougher than ever to get kids to eat right and move more. Yet it is possible to encourage nutritious eating habits and a healthy active lifestyle in your kidsâ if you have the right tools. Weight Watchers Eat! Move! Play! gives you trusted information on how to develop and maintain the right habits for keeping the whole family happy and healthy. Designed to help you become a healthier role model for your children, Weight Watchers Eat! Move! Play! demystifies the four vitally important elements for a healthy lifestyle, including developing a positive body image; a taste for wholesome, nutritious foods; smart eating habits; and a love of physical activity. In addition, Weight Watchers Eat! Move! Play!â

- â Presents five simple rules that all families can live by for keeping the household fit
- â Supplies quizzes and self-assessments for parents to understand their parenting styles better
- â Explains what a healthy weight is for a child, while providing advice on how to talk to childrenâ and their pediatriciansâ about healthy weight and nutrition
- â Delivers hundreds of doable tips, ideas, and checklists to help parents implement

the best practices for eating healthier and moving more. Includes more than 75 kid-friendly recipes that encourage children from toddlers to school-age to help out in the kitchen. Weight Watchers Eat! Move! Play! shows that when followed consistently, just a few simple household rules and practices are all it takes to get and keep your family living a healthy, active lifestyle. Recipe Excerpts from Weight Watchers Eat! Move! Play!      Oatmeal Pancakes with Blueberry-Maple Syrup      Hummus Heads      Fish Tacos with Mango Salsa

According to the American Academy of Pediatrics, "obesity threatens the health of today's children to such an extent that they may, for the first time in history, have a shorter lifespan than their parents." Weight Watchers here offers a title for the whole family on ways to incorporate a healthy lifestyle, promote positive body image, and develop a taste for wholesome, nutritious food. Outlining the "five simple rules" for a healthy weight, coupled with identifying your parenting style and then outlining "ten healthy messages to send your kids about eating," this is an excellent offering for all families, not just those who suffer weight problems. Recipes, obviously, are included. Even if your shelves are bursting with Weight Watchers titles, consider adding this one. It realistically walks a fine line between understanding the hurried dynamics of most families today and maintaining a healthy focus on food as a family affair. Highly recommended. (Library Journal, March 18, 2010)

I had taken out Weight Watchers' "Family Power" from the library roughly a year ago. If you've previously read that book, then this one is nothing new. It's the same material, only with more putting it into practice tips. I remember reading through it last July and thinking... well, yes, that makes sense...we do that... so how is this going to help? Well, fast forward 6 months, and we're seeing results. My just turned seven year old is down seven pounds (and has grown 1 inch)--all without any efforts at "dieting". What big changes have we implemented? We have a no TV policy during the school week and limited time (1 hour each day) on the weekend. That may not sound like a big deal, but I was amazed when I took TV out of the equation, just how much more active my kids were. Sure, sometimes they sit at the table and draw or read... but a lot of the time, they're running back and forth...playing Batman... getting up and down to get a new Lego, etc. It doesn't seem like much until you watch them watch TV and realize that for many--they don't move at all PERIOD. We're also working as a family to be more active. Either we're outside if the weather is nice, or we're inside playing Wii (Outdoor Challenge is a favorite). While some may say....hey that's screen time... in my mind, the really active Wii games are not. Outdoor Challenge gets the heart rate up and the kids get sweaty--so I know they're moving. Anyway, we try and do that one hour per

day--not including any recess time at school. We already eat most meals together as a family, so that didn't change. I also switched to letting my son buy lunch--as I realized he was eating healthier than if I packed him a lunch. (School lunches mean he eats an additional fruit and veggie that he wouldn't if I packed a lunch.) We're also trying to follow Ellyn Satter's advice of the parent's job is to provide the kid with healthy food, it's the kid's job to decide how much to eat. All in all, I highly recommend this book. The plan is meant to be followed by the entire family--so even though two of my kids are thin, we're all doing the plan to help us become a healthier family. There is no specific diet, so if that's what you're looking for, you might want to try "Trim Kids"

I have gone to several dietitians, including one who specialized in child feeding issues, and this book is an excellent summary of what I learned from the professionals. Seriously, get this book!

good read. Sent quickly

Childhood obesity is so sad. I was overweight as an adolescent and it was painful. Living with the advice from this book could make every family healthier and happier. I've bought this book for many of my weight loss clients. The tips are good for ALL kids, not just overweight kids. My favorite tip is to turn off the electronics and let your kids play. When I had kids at home, I instituted this rule (for my SKINNY kids!). It was good for all of us. Need weight loss coaching on an individual basis. Check out my website: [...]. Enjoy the book!

This book wasn't anything that special for me, personally. It was very nicely put together but a lot of simple common sense points and really was something that didn't meet any needs of mine. You can find better supplemental recipes on the internet for free.

Nothing groundbreaking or overly exciting here. A fine book, but I was looking for something more with the Weight Watchers name on the cover.

bought this for my granddaughter to help her form good eating habits and also to help her with her weight problem

This was part of a gift I sent. I've had good feedback on the content of the book. The price was reasonable too.

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