



## Diabetes-Free Kids: A Take-Charge Plan for Preventing and Treating Type-2 Diabetes in Children (Paperback)

By Sheri Colberg, Mary Friesz

Avery Publishing Group, United States, 2005. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. A parent s action plan for stopping the epidemic of type 2 diabetes in children. Diabetes-Free Kids is the first book to address the burgeoning epidemic of type 2 diabetes among children and to provide parents with an action plan for halting it. Exercise physiologist Sheri Colberg and nutritionist Mary Friesz lay out a clear plan for diet and exercise that will get even the pickiest eaters to enjoy healthier yet satisfying meals and snacks, and will motivate the most sedentary children to start moving.



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-- **Miss Rossie Fay**

## Other Books



### **Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)**

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fifteen short stories about foxes are selected from several books of fairy tales from various sources. These tales are designed...



### **From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)**

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



### **Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



### **Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)**

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



### **Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### **The Village Watch-Tower (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...