



## Who s the New Kid?: How an Ordinary Mom Helped Her Daughter Overcome Childhood Obesity -- And You Can Too! (Paperback)

By Heidi Bond, Jenna Glatzer

Tyndale House Publishers, United States, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. At nine years old, Breanna Bond weighed a whopping 186 pounds. Just walking up the stairs to her room was a challenge. Her legs chafed to the point of bleeding from rubbing against each other, and her school days were filled with taunts of Hey, Fatty! Breanna s mom, Heidi, was devastated and wondered, How can I get my daughter healthy again?Who s the New Kid? shows readers how Heidi helped her daughter lose weight without the aid of fad diets, medication, or surgery and how other parents can do the same with their kids.In just over a year, Heidi s plan worked! Breanna dropped 40 percent of her body weight and was transformed from a morbidly obese child who spent her days in front of the TV eating chips and chocolate to a vibrant, healthy, energetic little girl.Filled with helpful diagnostic tools, easy-to-make recipes, eye-opening nutritional information, fun exercise ideas, and practical tips and advice, Who s the New Kid? will not only show parents how to help their kids lose weight naturally but also introduce them to simple, yet effective lifestyle changes...



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