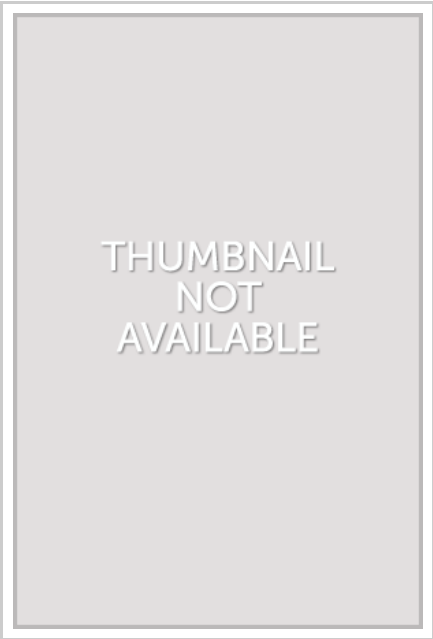


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A Plan to Beat Childhood Obesity: The Bases Are Loaded (Paperback)

By David Edward Cassler

Bases Loaded LLC, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.(Title) A Plan to Beat Childhood Obesity (Subtitle) The Bases are Loaded This Book is the first documented weight loss program for children. The book chronicles the program through the narrative of David and Joseph Cassler, a father and son team. At the age of eleven, Joe weighed 143 lbs, 45 of that weight was fat. Using the principles outlined in the book, Joe lost 40 lbs, or 28 body weight, in one years time. The plan is a safe, slow way for children and parents to lose weight together. The plan advocates parental participation, family fun and positive changes in lifestyle. The book uses the game of baseball, Joe s favorite sport, to show analogies and draw comparisons to the challenges childhood obesity presents. After the initial effort, maintaining healthy weight becomes innate. When the program is finished, the principles learned become a way of life, and the weight stays off. While thousands of fad diets and programs exist, the plan breaks new ground. Everything follows a slow, safe and fun model for the burning...

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