Promo 13

SUBJECT: Is your child at risk for obesity?

Today’s children are much more at risk for obesity than those from past generations. With the prevalence of processed foods plus the time kids spend in front of electronic devices, it’s no wonder that childhood obesity is a challenge for the modern parent.

What can you do to help prevent your child from struggling with obesity?

Though there are many facets to this, one thing that can help is providing healthy meals and snacks for your child.

But where is a parent supposed to start? We don’t have endless time (or money!).

I’ve got a suggestion for you: take a look at [this link.](http://www.familyfriendlyfatburningmeals.com/) It will tell you all about a meal planning resource with multiple books for you to enjoy—books that will help you get your family’s eating in order very quickly!

[Family Friendly Fat Burning Meals](http://www.familyfriendlyfatburningmeals.com/) is a great resource for parents. In fact, when you purchase the package (which is incredibly inexpensive!), you’ll also get several free gifts, including *10 Foods NOT to Let Your Kids Eat.*

You can take charge of your family’s health! Use [this resource](http://www.familyfriendlyfatburningmeals.com/) to help you get started!

Onward to better parenting,

ADD NAME