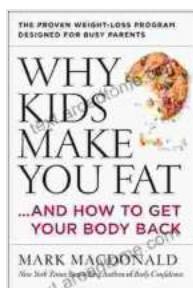


Why Kids Make You Fat: The Hidden Truth About Family Life

It's no secret that having kids can take a toll on your waistline. But did you know that kids can actually make you fat? It's true. And it's not just about the extra calories they add to your diet.



Why Kids Make You Fat: ...and How to Get Your Body

Back by Mark Macdonald

★★★★☆ 4.7 out of 5

Language : English
File size : 18071 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 318 pages



In her groundbreaking book, *Why Kids Make You Fat*, Dr. Amy Boss reveals the hidden truth about how kids make their parents fat. It's not just about the extra food you eat, but also the stress, sleep deprivation, and other factors that can sabotage your weight loss efforts.

Dr. Boss is a weight loss expert and the mother of three. She knows firsthand how difficult it can be to lose weight when you have kids. In *Why Kids Make You Fat*, she shares her own personal story, as well as the stories of other parents who have struggled to lose weight. She also

provides practical advice on how to overcome the challenges of parenting and still reach your weight loss goals.

If you're a parent who is struggling to lose weight, *Why Kids Make You Fat* is a must-read. It will help you understand the hidden factors that are sabotaging your weight loss efforts, and it will provide you with the tools you need to overcome them.

The Hidden Factors That Make You Fat

Dr. Boss identifies a number of hidden factors that can make it difficult for parents to lose weight. These factors include:

- **Stress:** Stress can lead to overeating and weight gain. When you're stressed, your body releases hormones that increase your appetite and slow down your metabolism.
- **Sleep deprivation:** Sleep deprivation can also lead to overeating and weight gain. When you're sleep-deprived, you're more likely to crave high-calorie foods and make poor food choices.
- **Lack of time:** Parents often don't have time to cook healthy meals or exercise. This can lead to eating out more often and making unhealthy food choices.
- **Emotional eating:** Parents often use food to cope with stress, boredom, or sadness. This can lead to overeating and weight gain.

Overcoming the Challenges

Dr. Boss acknowledges that it can be difficult to overcome the challenges of parenting and still reach your weight loss goals. However, she provides a number of practical tips that can help, including:

- **Make time for yourself:** Even if it's just for a few minutes each day, make time for yourself to do something you enjoy. This will help you reduce stress and improve your mood.
- **Get enough sleep:** Aim for 7-8 hours of sleep each night. This will help you improve your mood, boost your energy levels, and make it easier to resist cravings.
- **Eat healthy meals:** Make time to cook healthy meals at home. This will help you save money and make it easier to control your calorie intake.
- **Exercise regularly:** Exercise is a great way to burn calories, reduce stress, and improve your mood. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Find a support system:** Surround yourself with supportive people who will encourage you on your weight loss journey. This could include family members, friends, or a weight loss group.

Losing weight after having kids is not easy, but it is possible. By understanding the hidden factors that make you fat and by following the tips in this book, you can overcome the challenges and reach your weight loss goals.

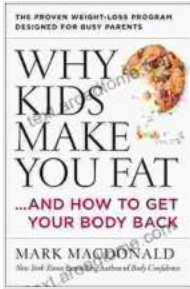
If you're ready to lose weight and live a healthier life, *Why Kids Make You Fat* is the book for you.

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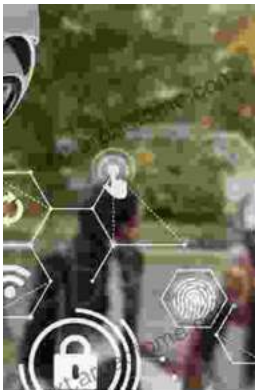
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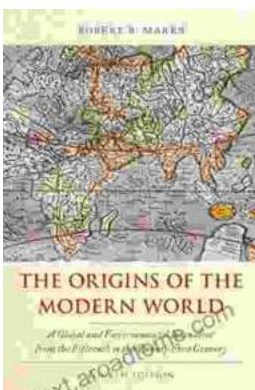


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