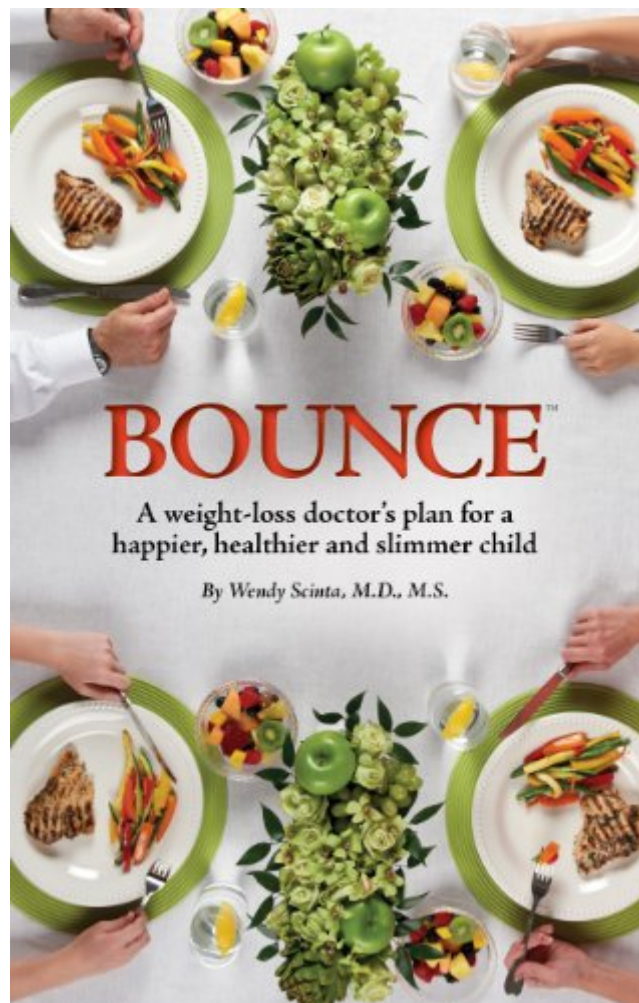


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# BOUNCE A Weight-Loss Doctor's Plan For A Happier, Healthier, And Slimmer Child



## Synopsis

In school, on the playground, and sometimes even in their own homes, heavy kids as young as age four or five describe relentless harassment. As many as 60 percent of obese children are victimized by peers, and studies have shown that a kindergartener would prefer to sit next to a child with a physical handicap over one who is obese. Whether nice, attractive, accomplished, or smart, obese children are made to feel different from other children, often called terrible names.

“Pig.” “Moose!” “You’re disgusting!” “You’re gross.” “How can you stand yourself?” Children sometimes hear these epithets from members of their own families, who attempt a kind of “tough love” approach to deal with the problem. When children are admonished about their weight, they feel worse about themselves. This approach simply does not work. So, how can we address and treat childhood obesity? The BOUNCE plan is a program Dr. Wendy Scinta created to combat child and adolescent obesity. It combines recent research on obesity treatment with her personal experience as an obesity medicine specialist, working directly with hundreds of obese children for nearly a decade. And over those years, Dr. Scinta realized a necessary trend. It’s time to bring family back to the dinner table. In this book, Dr. Scinta shows you how to work with your child and your family to develop healthy eating patterns and a healthy lifestyle that will yield a lifetime of benefits. This book will empower families and give readers the information needed to address the child’s weight issues, both as a family and as a team. Dr. Scinta includes menus, recipes, and even information on how to talk to the family physician, to help parents be the best advocate for their child. Readers can even take it a step further, working within their communities to set up healthy streets, towns and schools so that every child in the community has a chance to succeed. With 1 in 3 children struggling with a weight issue and no end in sight, it is time for all of us to take matters into our own hands and turn this childhood obesity epidemic around, for good!

## Book Information

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## Customer Reviews

I enjoyed this book and felt it was helpful because it squarely addresses one of the biggest health problems facing America; child obesity. I commend Dr. Wendy Scinta for not only writing this book, but for the huge level of effort that must have gone into creating the BOUNCE plan of which she writes about. The author is a weight-loss specialist; however, she covers this subject in such a proactive way, because she includes "Family Health," which I believe is at the root cause of childhood weight problems. I felt that I gained the most from the way she organized the BOUNCE plan as an acronym to help lead parents (and other health practitioners) into understanding the key elements of childhood weight-loss. Here is the BOUNCE acronym: 'B' stands for Behavior Modification 'O' stands for Optimizing Metabolism 'U' stands for United as a Family 'N' stands for Notation of Food 'C' stands for Counting Steps And 'E' stands for Elimination Steps In addition to this plan, Dr. Wendy (as she likes to be called), also provides great suggestions and practical steps for how to plan better meals, how to eliminate things that should not be in a child's diet, and how to improve their level of exercise... all in a way that can be supported by the whole family. I believe the author also supports the necessary ingredient to improving healthcare and that is "Integrity in Medicine." I say that because this is a wholesome program that can be used by her fellow healthcare practitioners to do the right thing for the children that they serve; and we all know that doing the right thing will always lead to the best outcomes. Plus it promotes integrity by getting the family involved so they proactively take responsibility. The other thing I really like about this book is that it promotes "Primary Prevention" because it focuses on eliminating the root cause of a problem so that if the problem exists, it will go away... and if the problem doesn't exist yet, it won't ever

become a problem. Therefore this BOUNCE program can be used to improve the health of any child. In conclusion, I highly recommended this book to parents and all healthcare providers and the leaders who support them.

As a health care professional working with children I am very excited about this book. Childhood obesity is threatening the well being of children, with children now having health issues that were formerly only seen in adults. These obesity related health problems can shorten their life span and impact their quality of life. Dr. Scinta writes about the various influences that have contributed to childhood obesity, such as; the media by promoting foods high in sugar and fat, schools by serving high calorie lunches and changes in family dynamics. With busy parents and busy children, families find it hard to sit down for a meal together. She then explains how to determine if a child is obese by calculating the child's BMI. Once it is determined that a child is overweight or obese, she goes on to tell about the program that she has developed in her practice called BOUNCE. It gives a practical guideline for how to approach recognizing and treating obesity at different ages in childhood. She answers frequently asked questions from parents and professionals and talks about eating behaviors and ways of changing them. I feel this book is a very straight forward, "how to" book on childhood obesity that both parents and professionals will benefit from.

This was a great informative read!! Definitely life changing whether you have an obese or slim child. There are many helpful tips for the entire family to live a long healthier life. It's a very motivating read to take charge of your child's life, as well as the whole family. Childhood obesity has turned into an epidemic and the numbers continue to rise. The only way this can be turned around is by starting to make the changes at home and extend it out into the schools and the community. This book gives you the tools you need to make this a success. I would recommend this book to everyone and I'll be sure to do so.

**BOUNCE A Weight-Loss Doctor's Plan for a Happier, Healthier, and Slimmer Child** A book for the whole family. Everyone will benefit from this informative, practical, and compassionately written book on childhood obesity. Dr. Scinta's practical suggestions and extensive knowledge in the field will help any family navigate this difficult issue. Not only will your child begin learning to take charge of their life and their health, but as an adult you too will learn many helpful and healthy eating behaviors to impact your life. A much needed guide to the path of wellness for our future generations.

This book was very informative on all levels of childhood obesity. Child obesity has become such a struggle lately because of many different factors that it has become an issue and concern for many individuals. This book will help understand the reasons and solutions to help turn children's lives around for the better. This book is definitely a must read for anyone that knows a child dealing with childhood obesity!! There are a lot of good nutritious recipes that children will love and at the same time benefit from.

This book is full of amazingly good advice! Dr. Scinta has developed a wonderful approach to helping obese children (and their families) achieve healthier lifestyles. This book is highly informative, and I would definitely recommend.

Great book which not only explains the root cause of childhood obesity, but lists case studies and guidelines for healthy living.

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