



## Weight Loss for Kids | Eating Fit

Dieting for kids isn't the answer when it comes to [\*\*\*weight loss for kids\*\*\*](#). Many children who are still growing do not need to lose weight. They may need to reduce their weight gain when growing taller.



**Eating Fit**<sup>TM</sup>  
Nutrition | Fitness | Mindset



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### What Outcomes/ Result you will get by Diet Plan?

- Healthy weight loss
- No starving
- Increase concentration
- Reduce Injury and illness
- More stamina
- Energy power
- Faster repair and recovery times

### What are the issues resolved by the kid's weight loss package?

- Obesity
- Overweight with other health problems

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### What Health issues are linked with kid's excess overweight?

- High blood pressure
- Asthma
- Gallstones
- Liver problems
- Trouble sleeping
- Diabetes
- Heart disease
- Menstrual problems

