

Fat Dad,Fat Kid: One Father and Sons Journey to Take Power Away from the 'F-Word'



Filesize: 4.95 MB

Reviews

*This created ebook is wonderful. I could possibly comprehended everything out of this created e ebook. Its been designed in an remarkably easy way and is particularly just after i finished reading through this ebook by which basically modified me, affect the way i believe.
(Verner Langworth III)*

FAT DAD,FAT KID: ONE FATHER AND SONS JOURNEY TO TAKE POWER AWAY FROM THE 'F-WORD'



Simon and Schuster, New York, 2015. Paper back. Book Condition: New. 23 cms. 190pp. In today's world where fast-food restaurants, soda, and processed foods reign supreme, does 'fat dad' have to mean 'fat kid'? Digital entrepreneur and beloved vlogger Shay Butler and his preteen son, Gavin, decided to find out the answer for themselves. Before Shay became famous for vlogging about life with his boisterous brood of five, known on YouTube as the Shaytards, he was like many other American dads: He worked 9 to 5 to pay the bills, ate double bacon cheeseburgers during his lunch breaks, sipped soda throughout the day, and watched Netflix with handfuls of candy. These small behaviors added up, and before he turned thirty, Shay was nearly 300 pounds. Motivated by the fear that he could have a heart attack before thirty-five, Shay decided to make incremental changes to his eating habits and exercise regimen. Adopting the attitude that every action, no matter how small, was better than what he was doing before, Shay lost more than 100 pounds and ran four marathons, becoming a source of inspiration for everyone who followed his journey on his ShayLoss channel on YouTube. Now, at the age of thirty-five, Shay has discovered that 'maintaining' is the hard part. He has also seen how some of his hard-to-break habits are affecting his children, particularly his eldest son, Gavin, who grew up during the years when his dad had 'a little extra Shay on him.' Determined to get back into shape and inspire his son along the way, Shay asked Gavin to embark on a thirty-day challenge with him to eat clean and do thirty minutes of exercise a day. Full of Shay's signature blend of humor, honesty, and unbridled enthusiasm, Fat Dad, Fat Kid chronicles the ups and downs of Shay and Gavin's thirty...



[Read Fat Dad,Fat Kid: One Father and Sons Journey to Take Power Away from the 'F-Word' Online](#)



[Download PDF Fat Dad,Fat Kid: One Father and Sons Journey to Take Power Away from the 'F-Word'](#)

Other Kindle Books



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Download Document »](#)



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Download Document »](#)



DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback)

DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to...

[Download Document »](#)



Father and Son

Holt Paperbacks. PAPERBACK. Book Condition: New. 0805053034 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

[Download Document »](#)



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we...

[Download Document »](#)



Programming in D

Ali Cehreli Dez 2015, 2015. Buch. Book Condition: Neu. 264x182x53 mm. This item is printed on demand - Print on Demand Neuware - The main aim of this book is to teach D to readers

[Download PDF »](#)



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How

[Download PDF »](#)



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs

[Download PDF »](#)



The Monster Next Door - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Monster Next Door - Read it Yourself with Ladybird: Level 2, The Monster Next Door, George wants to be a monster, just like his neighbour

[Download PDF »](#)



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner

[Download PDF »](#)