

Parent advocates better nutrition in children

By Shayla Bennett
DeKalb Neighbor Staff Writer

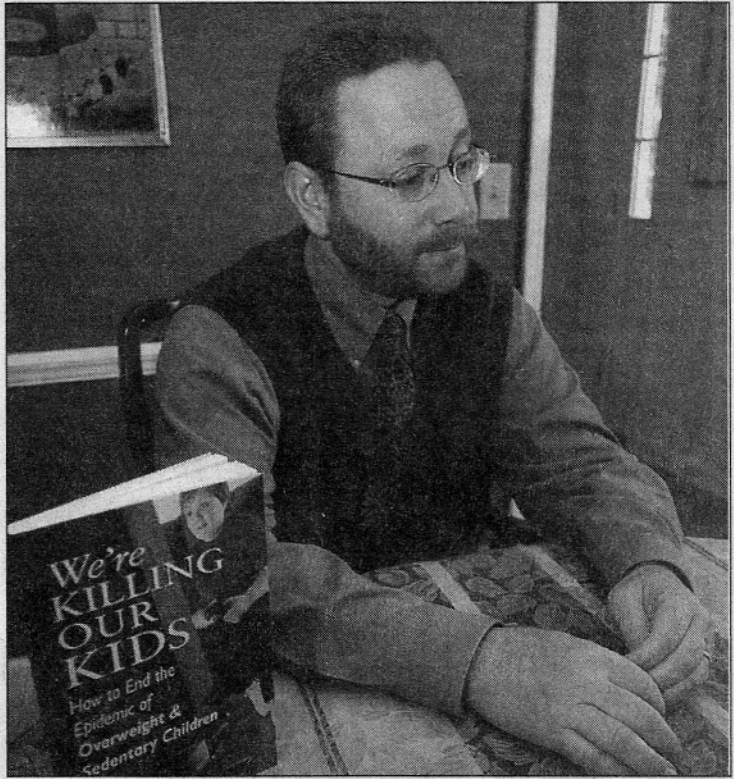
Todd Hollander is the father of 14-year-old twin girls Amy and Ashley and 9-year-old Parker. But unlike some dads you see on television sitcoms feeding their children ice cream and cake for breakfast, Hollander is health conscious and strives for his children to be also.

A market researcher turned author, Hollander released his first book "We're Killing Our Kids: How to End the Epidemic of Overweight & Sedentary Children," with Worthy Press in October.

"I am a recovering heavy guy who had been struggling with my weight since I had kids. I had high blood pressure and everything else and I one day I looked around and realized I was killing my kids," he said. "And even though my children have never been overweight, I knew I needed a plan that would allow us to become healthy."

After just a few months of research for the book, Hollander said he and his wife, Mary Jane, began to implement small changes like taking evening walks around their Dunwoody neighborhood and eating more home-cooked, balanced meals instead of fast food.

"People think that exercise is an event that they have to go somewhere or put on special clothes to do, but it can be as simple as walking up stairs, parking further away from the grocery store in the



Stephanie Bolt/Staff

Author Todd Hollander discusses his new book, "We're Killing Our Kids."

parking lot, or taking the dog out for a walk," he said.

The 192-page paperback book provides a step-by-step strategy for

families to achieve good nutrition and physical fitness though weight assessment tests, exercise plans and a balanced diet.

However, Hollander does not want the emphasis to be on weight loss over health, and suggests par-

ents take 30 days to get their own eating habits in order before confronting their children with any change.

"The most important

thing you have to understand is you can't be a food cop with your children, but you should be a coach," said Hollander, who has lost about a pound a month since following the plan with his family.

It took Hollander nearly two years to complete the five-chapter guide on health and nutrition, and he has hopes to write another book on health for teenagers.

"It looks like my degree in literature from Middlebury [College in Maine] finally paid off and merged with my background in market research," he said. "Because I am not a doctor, I used my research skills and to bring together information from experts, without all the clinical jargon, for an easy read. But just to prove this is not just my opinion, there are footnotes for nearly everything and 10 pages of references in the back."

Information: www.toddhollander.com.

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