

Feeding Children Poorly is New Form of Child Abuse in America Parenting expert offers proven strategies to help kids eat healthy

New Orleans, LA: According to the Center for Disease Control and Prevention (CDC), the percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 20% in 2008. And, these alarming rates continued to remain high in 2010.

Mike Storms, the StormProof Parenting™ expert, states that feeding children poorly represents a new form of child abuse. “Young children do not get to decide what they eat,” he says. “They have no control over what’s in the pantry or the fridge, nor can they control what restaurants they visit. We, as their parents, have access to healthy food all around us, and we must hold ourselves accountable for how we train our children to eat.”

Mike understands the difficult battle that parents face to help kids eat healthy and get sufficient exercise. He has raised four children and taught over 6,000 kids as owner of one of the most successful karate schools in America. His 30 years of experience teaching children discipline, confidence, and a healthy lifestyle has garnered testimonials from 3,000 appreciative parents.

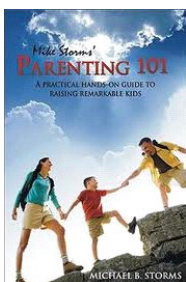
In his new book, *Parenting 101*, Mike says the secret to helping kids eat healthy isn’t trying to improve their attitude. The trick is getting parents to improve their attitude about buying healthy food. He urges parents to model a healthy diet, maintaining that kids will learn to eat what you put in front of them. Start off young children with plenty of fresh vegetables. Indulge in desserts only a few days a week. And, increase a child’s motivation to eat healthy by taking them to the supermarket and letting them pick fresh food that is full of color and life.

If parents want to help storm-proof their kids to avoid obesity and weather the future, building a healthy diet into their lifestyle is essential. The benefits include higher defense against disease, energy level, ability to concentrate, and better quality of sleep.

Mike Storms is available for interviews to discuss unique issues that plague parents, such as:

Overcoming Childhood Obesity – How to get your kids to eat healthy and exercise more

Chores with a Cheerful Attitude – End the battle with your children over household chores



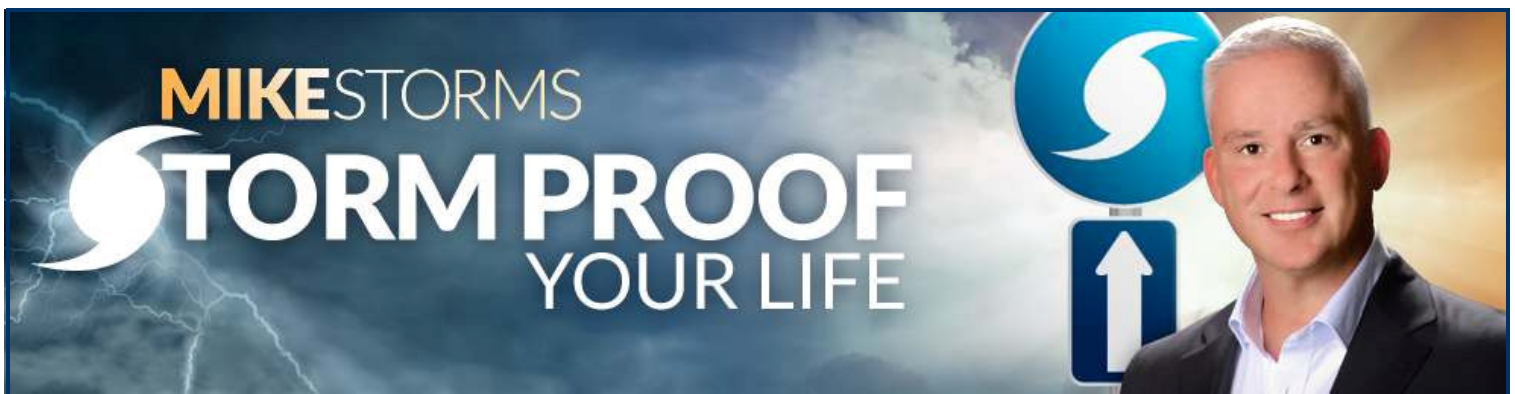
To schedule Mike Storms for an interview:

Call: 985-674-7887

Email: Mike@Stormproofyourlife.com

Web: www.StormProofYourLife.com

Follow Mike on Twitter: @SenseiStorms



BIOGRAPHY FOR MIKE STORMS

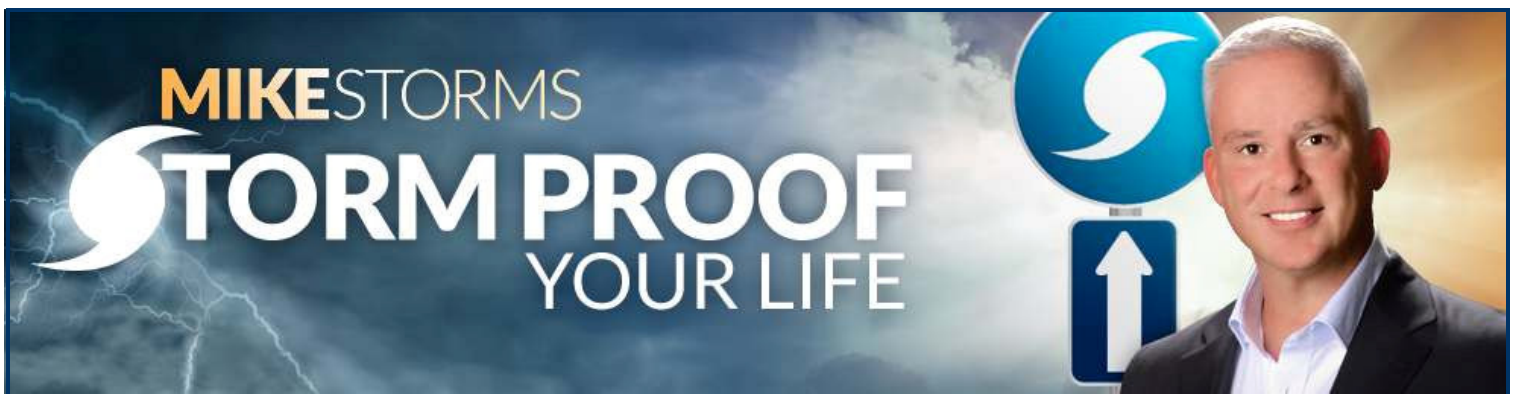
Mike Storms is an author, speaker, and consultant who helps individuals and families StormProof™ their life. He empowers people, young and old, to overcome personal challenges and develop the skills needed to overcome the storms of life. As a 7th degree Black Belt karate master, Mike has over 30 years experience teaching respect, discipline, and confidence to more than 7,500 children, teens, and adults. His personal development instruction will help you:

- Raise respectful kids who make you proud.
- Teach your children to choose better friends and reduce negative peer influence.
- Increase your child's eagerness to do chores with a great attitude.
- Remain calm when dealing with conflict in personal and business relationships.
- Master your money rather than letting money master you.
- Boost your effectiveness on the job and take your career to the next level.

Mike is the author of two books, including *Parenting 101 - A Practical Hands-on Guide to Raising Remarkable Kids*, and *Safer Smarter Kids – A Parent's Guide to Raising Street Smart Drug Free Kids*, along with two DVD series, *How to Get Your Kids to Eat Healthy* and *How to Turn Whiners into Winners*. In 2011, Mike presented an online summit featuring over 20 parenting and child-development experts. In addition, he works with over 500 parents each week to instill storm-proofing principles into their children and families. His programs have garnered over 3,000 testimonials from appreciative mothers and fathers.

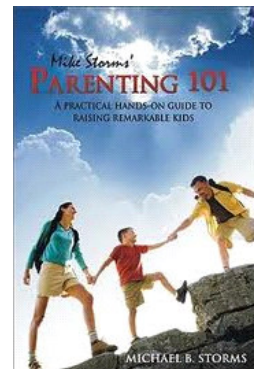
Mike is no stranger to storms. After growing up in a broken-home, he rose above the challenges to serve in the U.S. Marines. Those grueling years led to an interest in the martial arts and the desire to help others succeed in life. Mike founded a highly successful karate school outside of New Orleans, where his dedicated training and community service helped people weather the devastating effects of major storms, including Hurricane Katrina. His expertise in the martial arts has also made Mike a sought-after consultant with pro football players, NFL teams, and top college programs across the country.

Mike and his wife, Glori, have four children and reside in Mandeville, Louisiana. For more information, visit: www.StormProofYourLife.com



***Does raising children feel like you're riding out a storm?
Do you want cheerful, disciplined, well-mannered kids?***

Parenting 101 by Mike Storms is a practical, no-nonsense guide to becoming the rock-solid, loving parent your child needs. Mike combines over 20 years of wisdom raising four children with his experience training over 6,000 kids at his award-winning karate school. Over 3,000 parents have publicly endorsed Mike's parenting principles. *Parenting 101* will help you lead your children as an influential mom or dad who is able to:



- Raise respectful and well-mannered kids that make you proud.
- Increase your child's eagerness to do chores.
- Teach your kids how to choose better friends.
- Train your children to listen and obey the first time.
- Restore peace and end arguing with your child, for good!

Parenting 101 is available as a print book, e-book, and an additional workbook that walks you step-by-step through specific parenting strategies and exercises. You will discover how your kids are shaped, how to inspire their character development, and how to influence their spiritual growth with God. You will also learn how to harness the power of words and effectively praise your children to reinforce good behavior.

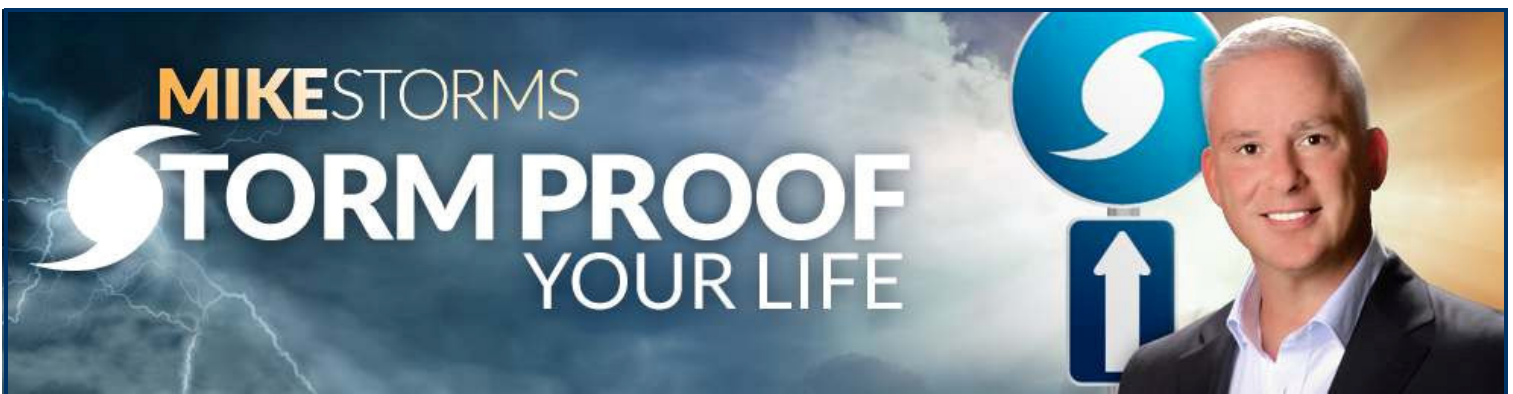
Read these stories from pleased parents who incorporated Mike Storm's *Parenting 101* principles into their family:

"We are so proud of our boys, Cole and Caleb, who have excelled academically as well as socially this year. We attribute that to consistent reinforcement of our family values from Mike Storms! We are looking forward to the bright future that lays ahead for them as they become strong, well-rounded, young men."
Lynn and Scott D.

"I have observed a significant improvement in my son with his willingness to help out at home. He does chores and tasks with a good attitude, and his manners are excellent! I love it! He's also working on organizing his homework and making good choices at school."
Linda H.

To purchase a copy of *Parenting 101* by Mike Storms, visit: www.StormProofYourLife.com or these online retailers:





PARENTING 101 **INTERVIEW QUESTIONS FOR MIKE STORMS**

1. What do you mean by your book title *Parenting 101*? Are you insinuating that parents don't know what they're doing?
2. As someone who has personally worked with over 6,000 kids, what are the biggest challenges that you see parents facing today?
3. Research shows that kids are spending more time than ever before playing video games and watching television. Is it possible for parents to manage a child's media consumption?
4. Studies are showing that childhood obesity is growing at an alarming rate. But, in a fast food world, how can parent actually get their kids to eat healthy?
5. Most kids aren't naturally excited to do chores around the house. Yet, you say it's possible to get kids to do chores with a cheerful attitude. What's the secret?
6. In your book, you tell parents that "befriending" their child can be dangerous. But, why is that a problem?
7. Is it possible to get kids to change their behavior without turning into a strict disciplinarian?
8. A lot of parents want their kids and teens to experience a wide range of interests. But, how can parents prevent the "sapped-out soccer mom" syndrome?
9. You encourage parents to give up being liked by their teens in order to gain being respected. What's the difference, and why is respect important?
10. Mike, you're a rare 7th degree black belt karate instructor. How do you teach kids to defend against the growing problem of bullying at school?

To schedule Mike Storms for an interview, contact:

Phone: 985-674-7887

Email: Mike@Stormproofyourlife.com

Web: www.StormProofYourLife.com

Follow Mike on Twitter: [@SenseiStorms](https://twitter.com/SenseiStorms)