



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

Shay Butler, Gavin Butler

[Download now](#)

[Click here](#) if your download doesn't start automatically

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

Shay Butler, Gavin Butler

Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" Shay Butler, Gavin Butler

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 days together, reflects on Shay's lifelong struggle with health and fitness, and proves that it's never too late for parents or children to embrace a healthier lifestyle—even when it doesn't come easy.

 [Download Fat Dad, Fat Kid: One Father and Son's Journey to ...pdf](#)

 [Read Online Fat Dad, Fat Kid: One Father and Son's Journey t ...pdf](#)

Download and Read Free Online Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" Shay Butler, Gavin Butler

From reader reviews:

Wilma Hines:

What do you consider book? It is just for students because they're still students or that for all people in the world, the particular best subject for that? Just you can be answered for that concern above. Every person has distinct personality and hobby for every other. Don't to be forced someone or something that they don't would like do that. You must know how great and also important the book Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word". All type of book can you see on many methods. You can look for the internet options or other social media.

Christopher Henricks:

As people who live in often the modest era should be upgrade about what going on or info even knowledge to make these individuals keep up with the era which can be always change and advance. Some of you maybe may update themselves by examining books. It is a good choice to suit your needs but the problems coming to anyone is you don't know which you should start with. This Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

Myrtie Hammond:

Don't be worry in case you are afraid that this book can filled the space in your house, you can have it in e-book method, more simple and reachable. That Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" can give you a lot of buddies because by you considering this one book you have thing that they don't and make anyone more like an interesting person. This kind of book can be one of one step for you to get success. This book offer you information that possibly your friend doesn't understand, by knowing more than different make you to be great folks. So , why hesitate? Let me have Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word".

Rebecca Bonnett:

Do you like reading a book? Confuse to looking for your preferred book? Or your book has been rare? Why so many query for the book? But just about any people feel that they enjoy regarding reading. Some people likes studying, not only science book and also novel and Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" or maybe others sources were given expertise for you. After you know how the great a book, you feel wish to read more and more. Science reserve was created for teacher or students especially. Those publications are helping them to bring their knowledge. In different case, beside science publication, any other book likes Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" to make your spare time a lot more colorful. Many types of book like this.

Download and Read Online Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" Shay Butler, Gavin Butler #8KU71RSMOX5

Read Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler for online ebook

Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler books to read online.

Online Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler ebook PDF download

Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler Doc

Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler Mobipocket

Fat Dad, Fat Kid: One Father and Son's Journey to Take Power Away from the "F-Word" by Shay Butler, Gavin Butler EPub