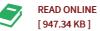




## Fit as a Family: A Guide to Working Together for Health and Fitness (Paperback)

By Cathy Nobil-Dutton, Jule Anne Henstenburg

Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Co-authors Cathy Nobil-Dutton and Jule Anne Henstenberg offer parents and caregivers a manageable and straightforward plan for wellness in Fit as a Family. With practical and achievable directives for school age children, teens, and anyone in between, they make it a group effort as they show readers how to take control of their families health through exercise, nutrition and good old-fashioned family time. In six engaging, easy-to-read and instructive chapters, the authors consider important topics such as portion size, unnecessary and invisible calories, and how to get families moving. While there is a good deal of encouragement for families who struggle with weight, the key is to share the burden-and the fun-of getting fit. Families will be empowered-and that s the point. There is no set diet or remedy; it s a matter of making simple, but significant, lifestyle changes as a family, for the family.



## Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

## -- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding. -- Dr. Easton Collier DVM

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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....