



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.

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