

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



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*I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.*  
*(Dayne Johns)*

**FIT AS A FAMILY: A GUIDE TO WORKING TOGETHER FOR HEALTH AND FITNESS (PAPERBACK)**

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Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Co-authors Cathy Nabil-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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