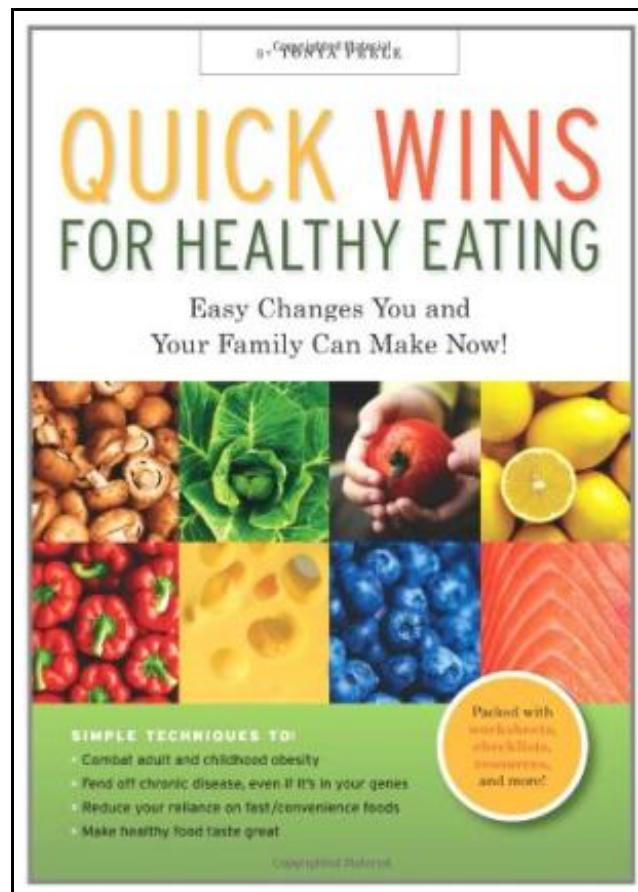


## Quick Wins for Healthy Eating



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Food & Me, LLC. Paperback. Book Condition: New. Paperback. 146 pages. Dimensions: 10.0in. x 7.0in. x 0.5in. THE EASY WAY TO KEEP YOUR FAMILY HEALTHY AND FIT FOR LIFE! Its frightening. Obesity and obesity-related diseases like high blood pressure, heart disease, type 2 diabetes, and certain cancers are growing at an alarming rate, especially among children. As a result, our children are the first American generation not expected to outlive their parents. The problem isn't that parents don't want better for their children. It's that in today's hectic world where both parents work, fast food and other unhealthy eating choices abound, and many parents have their own weight issues, eating healthy can be a real challenge. Created by nutrition instructor, Wellness Coach, and mom Tonya Peele, this revolutionary new approach to healthy eating focuses on 9 easy-to-make changes-called Quick Wins that lead to big results and will help you and your family combat obesity, fend off obesity-related diseases, and reduce your reliance on fast food. Quick Wins for Healthy Eating also includes: Inspirational quotes to keep you motivated Tips to make your transition to healthy eating easier Checklists for stocking a healthy pantry Links to easy-to-make, healthy recipes Food logs to record your progress and much more This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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