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35 THINGS TO KNOW TO RAISE ACTIVE KIDS: GOOD THINGS TO KNOW



Turner Publishing Co., 2010. Softcover. Book Condition: New. Do your kids need to move more and lose some weight? In this book you will discover fun, inexpensive, and nontraditional ways to get your kids off the couch and outside playing. These activities are for all children, not just the already fit or sports-obsessed. With bonus tips and stories from fitness celebrities, this easy-to-read, humorous guide will help you: . Role model an active lifestyle . Use TV to get your...

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- Authored by Adam Shafran and Lee Kantor
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