



Healthy Habits for a Fit Family

J. Ron Eaker

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The key to long-term health is to get the entire family involved. Dr. Ron Eaker presents simple, practical, and livable ways to lose fat and achieve lasting health and wellness. Together families can

stop the cycle of family-related weight problems
get fit with uncomplicated, age-specific plans
pursue physical, emotional, and spiritual health
enjoy variety rather than endure restrictions
learn what really works, based on science not fad

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