



Quick Wins for Healthy Eating

By Tonya Peele

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 isnt that parents dont want better for their children. Its that in todays 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...



READ ONLINE
[7.32 MB]

Reviews

A must buy book if you need to adding benefit. It can be rally fascinating through studying period of time. I am just happy to explain how this is the very best ebook i actually have read within my individual existence and could be he finest book for ever.

-- **Cydney Hand**

Excellent e-book and useful one. It can be rally intriguing through looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Pasquale Klocko**