



# The Amazing Fitness Adventure for Your Kids: 90 Days to Raising Healthy Children

*Phil Parham, Amy Parham*

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Childhood obesity and diabetes are on the rise. Many kids would rather play video games than run around a playground or in their backyard. Yet they can't engage fully in life when their physical well-being is less than what God intended.

Using principles and practices they've used successfully in their own family, Phil and Amy Parham equip parents with the tools they need to help their children become healthier and happier. This book is an inspirational and easy-to-follow guide that teaches parents

- basic principles to raise fit kids
- the importance of setting a good example
- simple ways to prepare nutritious meals and snacks
- creative ways to be physically active as a family
- how to make a healthy lifestyle fun and rewarding

*The Amazing Fitness Adventure for Your Kids* informs parents not only how to raise fit kids, but it also provides a roadmap to the rewards that come from sharing a healthy lifestyle together--stronger and healthier kids and more closely knit families.

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In this time globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The health of the world makes the information better to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The particular book that recommended for your requirements is The Amazing Fitness Adventure for Your Kids: 90 Days to Raising Healthy Children this publication consist a lot of the information with the condition of this world now. This book was represented how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. The particular writer made some analysis when he makes this book. Honestly, that is why this book acceptable all of you.

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make an individual happier to read. It is most crucial that, you must aware about guide. It can bring you from one spot to other place.

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