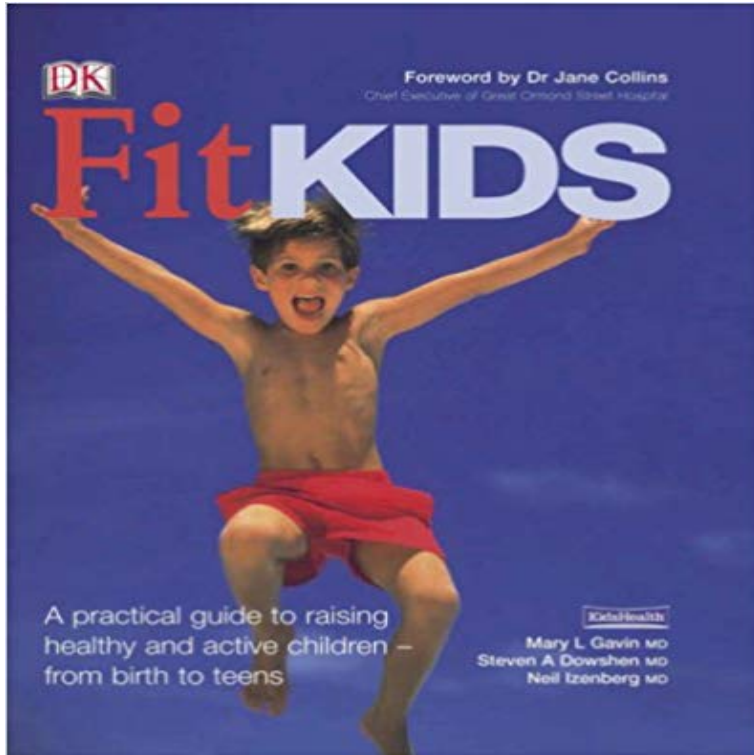


# Fit Kids: The Complete Guide to Get Your Children Active and Healthy - for Life



Ditch the junk food, get off the sofa and get ready to get fit kids! Written by experts from KidsHealth, this practical, illustrated guide covers every aspect of nutrition and exercise to help you raise healthy and active children. Addresses the challenges of sedentary life-styles and the availability of fast food, there are also tips on how to choose the right kind of exercise and meals, with easy-to-follow activities and recipes. Covers every stage of a child's development from birth to adulthood. This is the only guide you'll need to bring up fit kids in a fat world.

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