



Teach Yourself Helping Your Child to Get Fit (Paperback)

By Ceridwen Roberts

Hodder Stoughton General Division, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. sensible advice on how to get your child interested in sports lots of suggestions for sporty activities for you to do together - whatever your fitness tips, tricks and techniques for getting them to eat healthily advice if you re worried about your child s weight This book will help you overcome all your concerns about your child s health and fitness, giving you sensible advice for how to boost their activity levels and keep them active and healthy. It shows you things to do as a family, gives advice on how to motivate your child, and offers you tips on keeping their diet healthy - with plenty of sensible suggestions if you need to help your child lose weight.



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