

Please Mum, Don't Supersize Me: Keep Your Family Trim and Healthy



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Reviews

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

PLEASE MUM, DON'T SUPERSIZE ME: KEEP YOUR FAMILY TRIM AND HEALTHY



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Rockpool Publishing. Paperback. Book Condition: new. BRAND NEW, Please Mum, Don't Supersize Me: Keep Your Family Trim and Healthy, Richard Marc, Joey Marc, This is an essential guide to a healthier, happier child. It is packed with clear, straightforward information about healthy living for all the family: the truth about 'puppy fat'; how to find out if your child really is overweight; how families can lose weight the safe way; establishing healthy eating and exercise habits for life; how to motivate and encourage your children; setting achievable goals; and, teaching your kids to enjoy eating healthy foods and being active. Healthy children are happier children. As a parent, once you understand the fundamentals of good nutrition and physical exercise, you will be able to guide your child to a healthy, happier life. Don't fall into the trap - don't supersize your child.



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