



From Fat to Fit (Paperback)

By Stephen Miller

Ebury Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Do you want to improve your family's health and fitness for good? Hit TV show Fat Families has shrunk the waistlines of some of the nation's fattest families with its simple strategies and no-nonsense attitude. Now you can transform your family's health with this fat-busting plan. Combining the wisdom from the show's top diet and fitness experts with the real-life stories of the fat families turn thin, From Fat to Fit sets out a clear, easy and safe plan for the whole family to lose weight permanently. Includes: - Simple recipes and meal plans to revolutionise meal times - Easy lifestyle changes to get the whole family moving - Top tips and tricks from the show's families to stay on track - How to treat yourself at parties, on holiday and eating out - and still lose weight! Diet together and help each other turn from fat to fit!



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Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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