



54 Ways To Keep Your Family Healthy

By Hannah Bailey

Fisher King Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Ever wondered how some people manage to lead busy lives but cook from scratch, exercise and generally feel great? They aren't better mothers or wives than you, they have learnt techniques over time to help them fit more into their day and lead a healthier lifestyle. Through a combination of practical tips and the science behind health messages, 54 Ways to keep Your Family Healthy shows you how to: * Feed the whole family from one meal rather than making several * Lose weight without dieting * Fit exercise in for all the family * Feel great Hannah Bailey BSc is a nutritionist based in Sheffield, UK and runs her own company, Wise Choice Nutrition. She studied Public Health Nutrition at Sheffield Hallam University and now helps others lose weight and feel great. She is a regular columnist for the Sheffield Star. An inspirational must have guide for healthy eating and living. Easy to read and to apply the tips to everyday life Sarah Brown, inspire2aspire.



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