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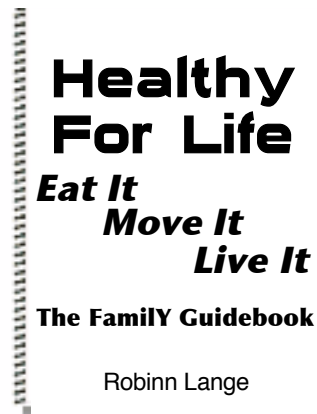
Healthy For Life

*Eat It * Move It * Live It*

The Family Guidebook

Healthy For Live-Eat It! Move It! Live It!-The Family Guidebook is **This Is The Information Your Family Needs To Know!** created for students and their parents (and entire family), featuring and detailing the information you need to know - the facts, the truths, the misinformation, and secrets to become Healthy For Life. Discover how easy it is to replace unhealthy food choices with healthy choices. Learn how minimal physical activity can offer maximum results, and how to create an overall healthier lifestyle that can be fun, simple and manageable for the entire family.

- ◆ **Understanding What It Takes To Be Healthy For Life**
 - ◆ **Personal Health Evaluation For Each Family Member**
 - ◆ **Making Healthy Choices & Creating New Habits Eating Foods You Love**
 - ◆ **Understanding Each Individual Food Group - Foods To Enjoy & Avoid**
 - ◆ **Learn The Proper Amounts Needed From Each Food Group**
 - ◆ **Understanding Overeating, The Dangers & Secrets To Preventing It**
 - ◆ **The Truths About Physical Activity - No Need For Hard Workouts**
 - ◆ **Motivation & Reinforcement For The Entire Family To Stay Healthy**
- and much, much more



**Excellent For Kids & Teens
Or For The Entire Family**

The Healthy For Life Family Guidebook is a great companion to the Healthy for Life - Eat It, Move It, Live It Assembly Program & Workshops as well as being an excellent educational resource for family health and nutrition. This book comes complete with healthy food choice sections for each meal of the day including snacks, Move It physical activities, and the Healthy For Life Journal and Goal Sheets to assist you in becoming and remaining Healthy For Life. The easy to read format makes this perfect for kids, teens and adults.

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Only \$24.95 each
Plus \$3.95 shipping & handling

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