

Fat Families, Thin Families

"This guide will truly help families create healthier habits."
—Kathie Davis, Executive Director, IDEA Health and Fitness Association

FAT FAMILIES THIN FAMILIES



HOW TO SAVE YOUR FAMILY FROM THE OBESITY TRAP

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This comprehensive guide to diet and nutrition provides solid advice for families looking to adopt and maintain a healthy lifestyle. The four habits of healthy families—Plan Together, Prepare Together, Play Together, Portion Together—and possible integration strategies are thoroughly discussed as well as the Healthy Family for Life (HFL) diet plan, which contains both family and individual food assessments, activity and weight patterns, activity planning, and suggestions for family support. Providing practical tips for making healthy changes on a daily basis and recipes that are simple, yet nutritious, enough for the busiest of families, this manual is an invaluable reference for those who tend toward obesity and encourage unhealthy eating habits, as well as families looking to reinforce their already healthy tendencies.

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