

# Teach Yourself Helping Your Child to Get Fit



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Help your child be healthy and active This book will help you overcome all your concerns about your child's health and fitness, giving you sensible advice for how to boost their activity levels and keep them active and healthy. It shows you things to do as a family, gives advice on how to motivate your child, and offers you tips on keeping their diet healthy--with plenty of sensible suggestions if you need to help your child lose weight.

作者介绍:

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