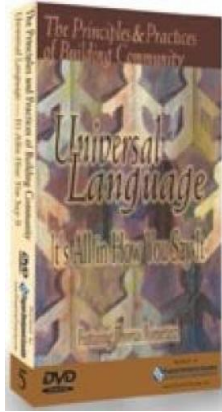


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# DR. ROBB'S GUIDE TO RAISING FIT KIDS: A FAMILY-CENTERED APPROACH TO ACHIEVING OPTIMAL HEALTH



Perseus Distribution, 2008. Softcover. Book Condition: New. Dr. Robb's Guide to Raising Fit Kids emphasizes that fitness in children is a family issue, and that parents and children need to work together if the children are to achieve optimal health and live a longer, more rewarding life. Because it is impossible to discuss fitness in children without addressing the increasingly important problem of childhood obesity, issues of maintaining or achieving optimal weight are integral every step along the way. It's...

## Read PDF Dr. Robb's Guide to Raising Fit Kids: A Family-centered Approach to Achieving Optimal Health

- Authored by Dr. Robb's Guide to Raising Fit Kids
- Released at 2008



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