



## From Fat to Fit (Paperback)

By Stephen Miller

Ebury Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Do you want to improve your family s health and fitness for good? Hit TV show Fat Families has shrunk the waistlines of some of the nation s fattest families with its simple strategies and no-nonsense attitude. Now you can transform your family s health with this fat-busting plan. Combining the wisdom from the show s top diet and fitness experts with the real-life stories of the fat families turne thin, From Fat to Fit sets out a clear, easy and safe plan for the whole family to lose weight permanently. Includes: - Simple recipes and meal plans to revolutionise meal times - Easy lifestyle changes to get the whole family moving - Top tips and tricks from the show s families to stay on track - How to treat yourself at parties, on holiday and eating out - and still lose weight! Diet together and help each other turn from fat to fit!



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