

THE COMPLETE GUIDE TO

# Family Fitness Fun

Dr. Charles T.  
Kuntzleman

Author of *Family Fitness: How to Stay Healthy and Fit*  
and *How to Stay Healthy and Fit*  
and *How to Stay Healthy and Fit*

- A proven, balanced program for:
  - Keeping your family's **CHOLESTEROL** and **WEIGHT** at healthy levels
  - Fun **FITNESS** activities to do **TOGETHER**
  - Prevention and control of **HIGH BLOOD PRESSURE** and **STRESS**
  - Tasty, healthy **RECIPES** for meals and snacks
  - **PEAK FITNESS** and **HEALTH** for you, your spouse, and your children



# The Complete Guide To Family Fitness Fun

**Ying Liu**



## **The Complete Guide To Family Fitness Fun:**

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