



Sneaky Fitness: Fun, Foolproof Ways to Slip Fitness into Your Child's Everyday Life

Missy Chase Lapine, Larysa Didio

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New York Times bestselling author Missy Chase Lapine inspired legions of parents to “sneak” good food into their children’s meals with *The Sneaky Chef*. Now she extends her concept of “sneakiness” beyond the kitchen, by teaming up with fitness expert Larysa Didio to provide parents with “Sneaky Strategies” for fitting in more exercise and calorie-burning activities into their child’s daily routine.

Sneaky Fitness will include:

- Age-appropriate exercises and games to get any resistant little exerciser up and moving (with targeted chapters for preschoolers, grade-school kids, and ‘tweens)
- Tips on specific toys and games that encourage exercise
- More healthy (and sneaky) recipes for fueling newly-active kids

Like the other *Sneaky Chef* books, *Sneaky Fitness* is a revolutionary way for parents to improve their family’s health—one sneaky day at a time!

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A lot of people always spent all their free time to vacation or perhaps go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book you read you can spent the entire day to reading a e-book. The book Sneaky Fitness: Fun, Foolproof Ways to Slip Fitness into Your Child's Everyday Life it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore quickly to read this book from a smart phone. The price is not too expensive but this book offers high quality.

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