



## 35 Things to Know to Raise Active Kids: Good Things to Know

By Adam Shafran and Lee Kantor

Turner Publishing Co., 2010. Softcover. Book Condition: New. Do your kids need to move more and lose some weight? In this book you will discover fun, inexpensive, and nontraditional ways to get your kids off the couch and outside playing. These activities are for all children, not just the already fit or sports-obsessed. With bonus tips and stories from fitness celebrities, this easy-to-read, humorous guide will help you: . Role model an active lifestyle . Use TV to get your kids in shape . Teach your child to play alone . Create memories and rituals that get the whole family moving International health and fitness expert Dr. Adam Shafran has contributed to the BBC Worldwide, the Huffington Post, the Atlanta Journal and Constitution, and WebMD, to name a few. A board-certified chiropractor with a degree in Exercise Science, he appears weekly on Dr. Fitness and the Fat Guy as "Dr. Fitness". Lee Kantor is coauthor of You Can't Lose Weight Alone: The Partner Power Weight Loss Program with Dr. Shafran. Lee co-hosts the "Dr. Fitness and the Fat Guy" show and produces radio shows at Business RadioX in Atlanta. 144 pages. 2010.



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