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FIT FOR LIFE: ITS NEVER TOO LATE TO BE HEALTHY



WestBow Press. Paperback. Condition: New. 120 pages. Dimensions: 10.8in. x 8.1in. x 0.4in. A dangerous epidemic is engulfing our nation, manifesting itself in children and teens who are overweight, sedentary, out-of-shape, or obese. Some are already experiencing early signs of diabetes, high cholesterol, depression, and high blood pressure. Even scarier, an overweight child may eventually become one of the 300, 000 Americans who die each year due to medical complications caused by obesity. Wyndy Buckner struggled for many years until she...

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- Authored by Wyndy C. Buckner
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