



EXERCISING VALUES

By Pamela Davenport

Xulon Press. Paperback. Book Condition: New. Paperback. 298 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. Exercising Values shows parents how to raise well-behaved, healthy, happy children. Young families will learn how to accomplish these important goals through well-planned, consistent activities that can be completed in as little as fifteen minutes a day. Its a fun, family time that will leave adults and children alike, relaxed and fit. Readers can enjoy the valuable information at their leisure because it is possible to jump right into the program. It can be used for inspiration and motivation as well as a reference guide for child training, exercise, and nutrition. It is written in the style of a friendly neighbor who has been there and is willing to help. The author is credentialed and experienced and a recognized expert in both personal training and child development. Detailed daily programs that parents can do with their children are provided. The exercises use body weight and require no special equipment but are effective for weight loss and body toning. Woven into the program are opportunities for parents to introduce character qualities such as enthusiasm and diligence and thereby teach the basics of good behavior. The program is...



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