



Healthy Habits for a Fit Family

J. Ron Eaker

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Healthy Habits for a Fit Family J. Ron Eaker **Improve Your Family's Health Today**

The key to long-term health for you and your family is to get everyone involved. Healthy habits are much easier to establish and maintain when people you love enjoy them too. In *Healthy Habits for a Fit Family*, you will find simple, practical, and livable ways to lose weight and achieve lasting health and wellness as a family. Together you can

stop the cycle of family-related weight problems
get fit with uncomplicated, goals and plans
pursue physical, emotional, and spiritual health
enjoy variety rather than endure restrictions
learn what really works, based on science--not fads

This book isn't about quick fixes, secret formulas, or even diets (they don't work!). It's about normal, busy families like yours having a better life now and in the future. Good health is one of the best gifts you can give yourself and your children.

J. Ron Eaker, MD, has been listed in America's Best Doctors, is a member of numerous professional societies, and is a founding board member and vice chairman of the Institute of Religion and Health. Ron and his wife, Susan, have two daughters and live in Georgia.

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