



## Fit for Life: Its Never Too Late to Be Healthy

By Wyndy C. Buckner

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 discovered a plan that enabled her to lose seventy-five pounds. Fit for Life is a course for teens that teaches the spiritual as well as the dietary principles that enabled her to reclaim her life and health. Every Christian teen who struggles with weight issues should consider taking this inspiring and practical course. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**  
[ 8.25 MB ]

### Reviews

*This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.*

-- **Faye Shanahan**

*This is actually the finest ebook i have got study till now. I actually have go through and that i am sure that i am going to likely to read once again once again later on. Its been developed in an extremely straightforward way and is particularly simply soon after i finished reading through this ebook through which actually modified me, change the way i really believe.*

-- **Mrs. Maybelle O'Conner**