

Healthy Summer Living - First Place 4 Health

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Many people think of summer as a time for swimsuits, fresh salads and outdoor activities, but it can also be a season of temptation, with hot and lazy afternoons and enticing vacation cuisine! Healthy Summer Living is a daily devotional that will inspire readers to eat right and stay active during the break between the spring and fall sessions of First Place 4 Health. Written by First Place 4 Health members from across the country, each daily reading offers motivation for avoiding the unique temptations of the summer months, as well as six weeks of Live It Trackers, special tips for surviving vacation temptation, and summer-friendly menus and recipes. Readers will live the healthiest summer of their lives! Author: First Place 4 Health Publisher: Gospel Light Illustration: N Language: ENG Title: Healthy Summer Living Pages: 00192 (Encrypted EPUB) On Sale: 2011-08-29 SKU-13/ISBN: 9780830747221 Category: Health & Fitness : Healthy Living

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