



Fit Home Team: The Posada Family Guide to Health, Exercise, and Nutrition the Inexpensive and Simple Way

Jorge Posada, Laura Posada

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Jorge and Laura Posada are not the kind of parents who say to their children, "Do as I say." Their parenting mantra instead is, "Let's do it together," and the Posadas have always made good nutrition and fitness a core element of their family lifestyle. *Fit Home Team* is their formula for getting parents and kids off the couch, arming families with key tools for optimal health, wellness, and overall balance by offering:

- A simple guide to eating right
- Nutrition-packed kid-friendly recipes
- Tips for taking the "work" out of "working out"
- Inexpensive seasonal activities for staying fit
- An easy-to-follow family progress chart

Sixteen percent of children age 2 to 19 are obese. To help face down this tragic national health crisis, the Posadas bring together everything they have learned from sports and athletics, along with caring for their own family, giving parents a complete lesson in fitness, nutrition, and the power of family unity, all at the same time. *Fit Home Team* is a durable lifestyle change that helps families get fit and *stay* fit.

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