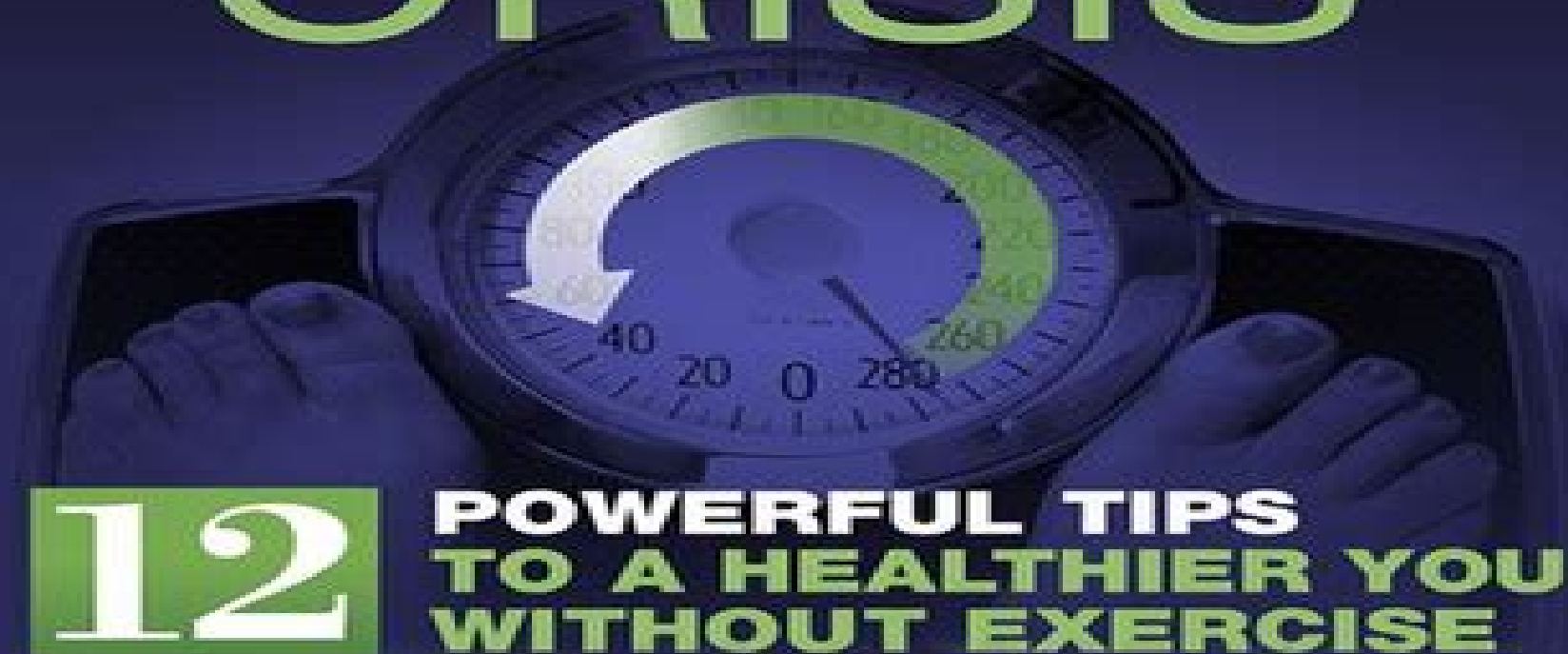


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FIGHT THE OBESITY CRISIS



12

**POWERFUL TIPS
TO A HEALTHIER YOU
WITHOUT EXERCISE**

Fighting The Obesity Crisis Powerful Tips To A Healthier You Without Exercise

Elizabeth Somer



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Using School Wellness Plans to Help Fight Childhood Obesity United States. Congress. House. Committee on Education and Labor. Subcommittee on Healthy Families and Communities, 2008

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