

"Eat Your Vegetables!" and Other Mistakes Parents Make /

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Lecture/presentation

Material Proyectable

Every fitness professional knows that raising active, healthier eaters should be a top priority for parents. "Eat Your Vegetables!"  and Other Mistakes Parents Make offers insightful advice that trainers can use to help guide parents in their efforts to shape their child's psyche so that their kids embrace fruits, vegetables, and a myriad of other healthful foods without constant mealtime battles, bribes, and downright coercion. The DVD details strategies that are based on scientifically-documented information, expert advice, and real-life examples

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