



# **Familie in Form: Schlank werden, schlank bleiben (German Edition)**

*Dagmar von Cramm*

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Weg mit dem Familienspeck! Gegen überflüssige Pfunde lässt sich sowieso nichts tun? Doch! Kinder brauchen beim Schlankwerden allerdings die Hilfe ihrer Eltern. Denn nur die konsequente Umstellung auf eine ausgewogene Ernährung und eine aktive Lebensweise können den langfristigen Erfolg garantieren. Dieses Buch zeigt Ihnen, wie das geht. Es leitet Sie an, damit Sie Ihre Kinder anleiten können. Es gibt Ihnen neue Impulse und versorgt Sie mit leckeren Rezepten, die schnell zubereitet sind. So kommt die ganze Familie zu ihrem Wunschgewicht. Dabei bleiben weder Genuss noch Lebensfreude auf der Strecke.

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