



# 365 Activities for Fitness, Food, and Fun for the Whole Family

*Julia Sweet*

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*365 Activities for Fitness, Food, and Fun for the Whole Family* features activities that will hoist young spuds off the couch and get them participating in games, exercises, and healthy recipes they will love. Best of all, the activities are designed to be fun for the whole family, strengthening family bonds as well as improving everyone's health.

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