

[PDF] Fifteen Minutes Outside: 365 Ways To Get Out Of The House And Connect With Your Kids

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Books Details:

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Description:

Review "Every parent wants to keep their kids healthy, but it often feels like a struggle. Rebecca's imaginative and fun ideas help even city dwellers like me take the 15-minutes a day challenge." Frances Largeman-Roth, RD, senior editor at Health magazine and author of Feed the Belly: The Pregnant Mom's Healthy Eating Guide

About the Author

Rebecca P. Cohen is a gardening and outdoor lifestyle expert whose mission is to inspire people to get off the couch and discover how simple it can be to incorporate an active, outdoor lifestyle into a busy schedule. The mother of two small children, Rebecca incorporates the outdoors into every aspect of life, bringing invaluable tips and inspiration into her product lines, television segments, and website, rebeccaplants.com. Rebecca is the National Wildlife Federation's Be Out There[®] Spokesmom.

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