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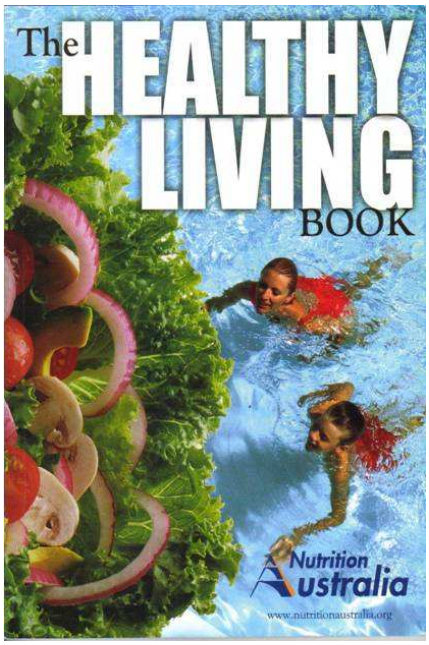
The Healthy Living Book

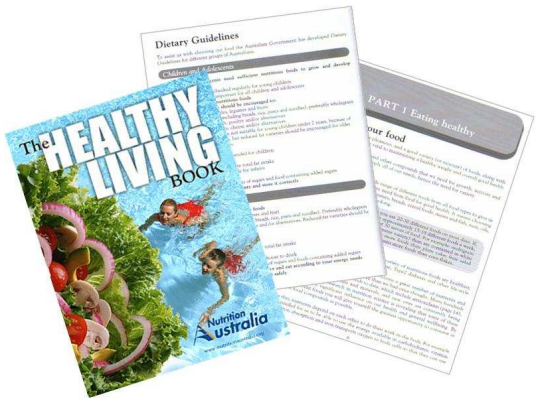
A guide to healthy eating and physical activity



The Healthy Living Book is a concise, easy to read and easy to implement guide to healthy eating and physical activity.

Ideal for families and individuals, the itemised table of contents and detailed index will provide students, parents, families and individuals with a quick reference to a great many topics from checking your heart rate to shopping for food.

Detailed weekly menu plans and 61 easy to use recipes (graded with one, two or three ticks for speed of preparation time), make this book a must in every kitchen and every food studies classroom.



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500 to 700 copies for $3 each
700 or more copies for $1.50 each

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