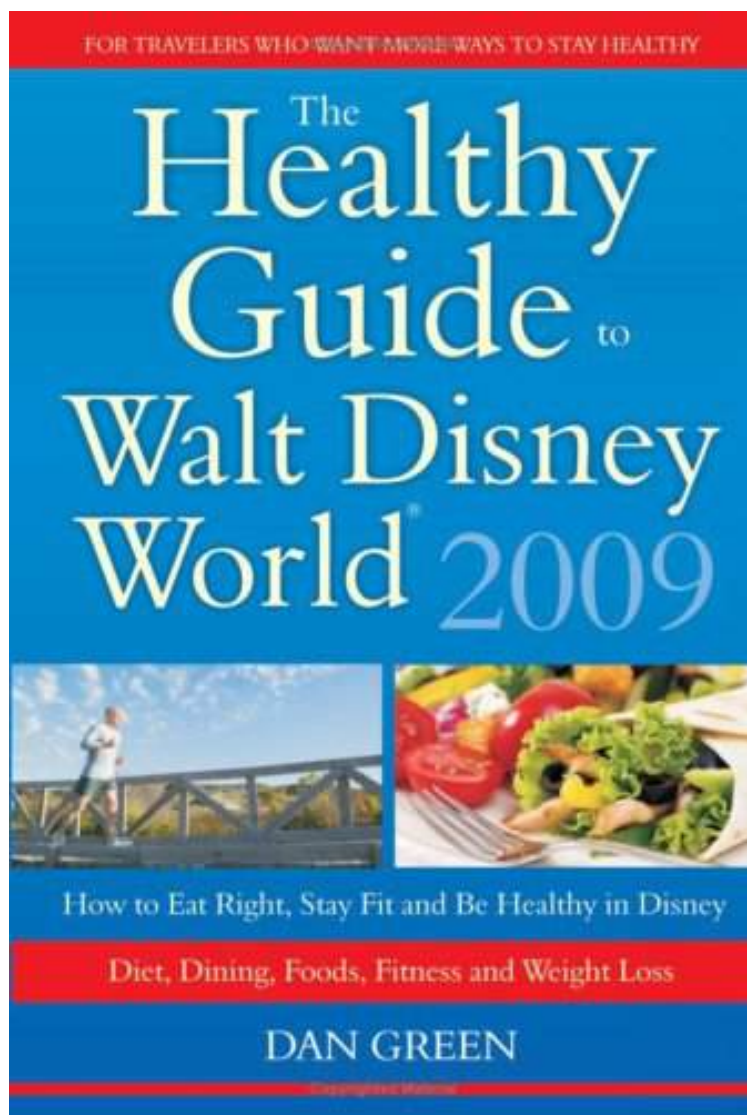


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## **The Healthy Guide to Walt Disney World 2009: How to Eat Right and Stay Fit in Disney - The NEW Diet, Dining, Food, Fitness and Complete Weight Loss Book**

*By Dan Green*

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3 of 3 review helpful Disappointing book filled with typos By S Newell I am currently on a weight loss program that has helped me shed over 30 lbs so far with about 20 left to go I hope to be at or close to my goal weight by the time we take our next Disney vacation in January My husband and I are Disney veterans this will be our 6th trip together since 1997 and my 9th trip overall and one of the most enjoyable pa Finally a guide to Walt Disney World that covers all of its healthy options The most comprehensive guidebook ever written for travelers who want to eat healthier and maximize fitness in Disney With his entertaining style and great insight author Dan Green does it all bikes the paths jogs the trails plays the golf courses explores the fitness centers races the marathons dines in the restaurants reviews the entrees and reveals all of the unique secrets he has u

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