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Abbie Gets Fit is the true story of one nine-year-old girl's daily journey to Abbie and her father set out on a 6-month quest to improve her fitness levels and

Doug werner (fitness expert and coach): delay

Doug Werner is the author of Abbie Gets Fit, a children's book chronicling a true story about his nine year old daughter's fitness transformation after she asked her

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Highlights the fitness journey taken by Doug and his daughter Abbie, as featured in the children's book 'Abbie Gets Fit'. Authors: Doug Werner, Douglas Werner.

Abbie gets fit - reviews

The training program and teaching techniques so clearly discussed in the conversational tone of Abbie Gets Fit Doug Werner and his daughter Abbie reviews

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Abbie Gets Fit is the endearing and compelling true story of one nine-year-old girl s daily journey to fitness with her father. Motivated by a failed fitness exam

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Alarmed that his own daughter was becoming an unfit kid, Doug Werner, an expert of the health and fitness industries, was worried about his daughter who was becoming

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Doug Werner is the author of Abbie Gets Fit , a children's book chronicling a true story about

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Doug Werner is a health and fitness veteran and a winner of that industry s Distinguished Service Award. His 35 years of career experience includes senior

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