

Abbie Gets Fit By Doug Werner



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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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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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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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