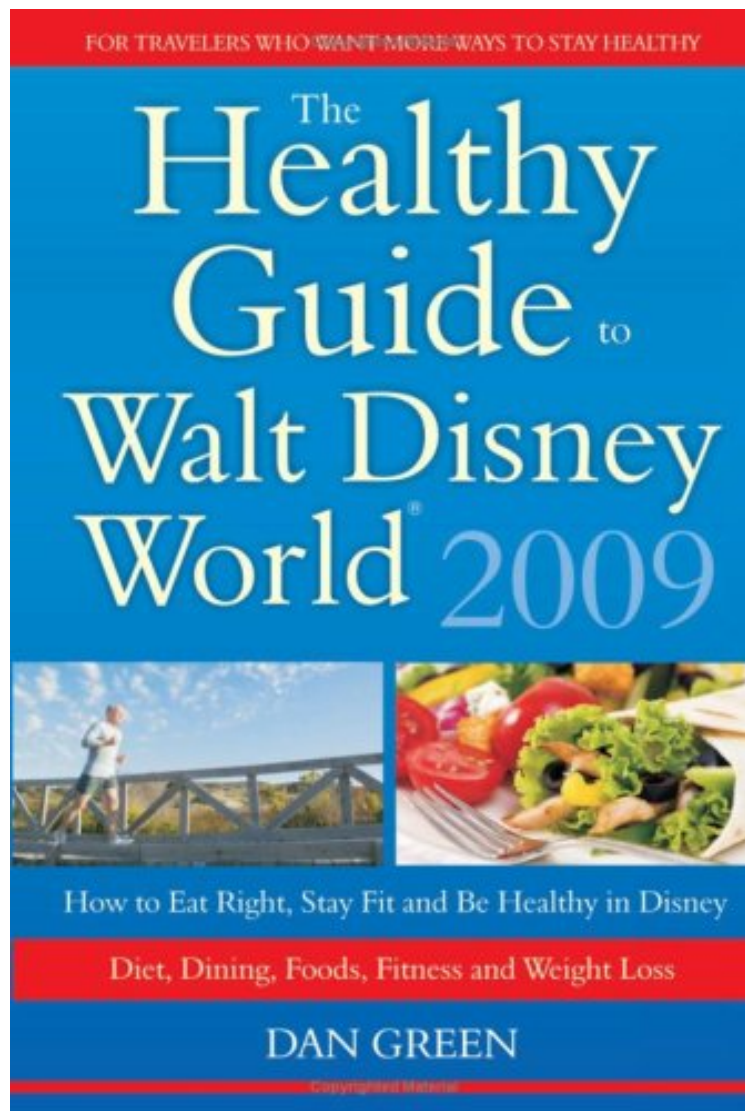


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The Healthy Guide to Walt Disney World 2009: How to Eat Right and Stay Fit in Disney - The NEW Diet, Dining, Food, Fitness and Complete Weight Loss Book

Dan Green

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#4981442 in Books Green Dan 2008-11-07Original language:EnglishPDF # 1 9.02 x .41 x 5.981, .61 #File Name: 1432732501176 pagesThe Healthy Guide to Walt Disney World How to Eat Right and Stay Fit in Disney The New Diet Dining Food Fitness and Complete Weight Loss Book | File size: 22.Mb

Dan Green : 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 before purchasing it in order to gage whether or not it would be worth my time, and all praised 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:

3 of 3 people found the following 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 parts of a Disney vacation for us is the food. However, given the lifestyle changes that I'm making, I do not want to leave my good eating habits at the Disney gates. While I am planning to let myself splurge a little, I'm interested in having a healthier approach to my Disney vacation this time around. Overall, I found this book to be disappointing. The first section of the book was so general and vague as to be practically useless. The author doesn't espouse one particular diet or eating plan, which I appreciate, but I also didn't find it all that helpful for him to simply share what works for him. The section on fitness wasn't particularly helpful either, as it really lacked specifics. I was hoping to find suggestions for good running or walking routes, comparisons of the resorts' health club facilities and the like. Again, most of the advice was so general that it was difficult to find value in it. The book is filled with glaring typographical errors, which I found annoying and which, in my opinion, detract from the author's credibility. Finally, I was most looking forward to the section with specific menu item suggestions from the various restaurants. I was surprised to find that some of the author's suggestions for "healthy" meals included Caesar salads and wraps, which are full of fat, and items with cheese and other fattening ingredients (and this after he specifically states earlier in the book that he doesn't eat cheese). I could have figured out most of the information in this book on my own just by knowing general guidelines about healthy eating. I'm disappointed that I wasted my money on this book.
2 of 2 people found the following review helpful. Eating guidelines not worth the money
By B. G. Watkins
I was VERY disappointed in this book. I am currently on Weight Watchers and was hoping to find some good information in this book on how to keep to a good eating plan when in Walt Disney World. I can't comment on the activity portion of this book, but just the eating guidelines given. I found the information very generic and more common sense with little specifics offered. The most helpful portion was the listing of specific restaurants, but even that section was difficult to read as it was in paragraph format rather than bullet listed, which I think would have been more helpful. And tear-out guide to take with you to parks would have helped, or a map marked with restaurants and snack areas with healthy food. But the guide mostly just offered information on who had fruit, salads, veggie wraps, and grilled foods. I can figure that much out by just looking at the menu. Perhaps the author was hampered by the fact that Disney does not provide nutrition facts, but for me, this book was a waste of money. What to pack? Snacks to bring? Hidden Mickey locations? Those are all WIDELY available in just about any guidebook. and the "Best" section in the back was a waste of printing space, as were the recommended links, as neither had any explanation or reasons as to why they were chosen. Anyone looking for eating guidelines would do better with a generic dietary guideline and plan than this book.
3 of 3 people found the following review helpful. do NOT waste your money
By Jojo
I'm not on a diet - but like to eat healthy. I try to buy organic and make sure my children eat healthy food. I thought that this book would tell me inside info - on best places to find - good healthy snacks and meals. All this book talked about - was complete common sense stuff - like drink a lot of water, don't eat bad food, eat fruit instead of junk food. And also that the disnet restaurant will accomodate people with special dietary needs - but DUH? really... I mean - do you need a book to tell you this? I thought this book was horrible. I really wasted my money with this book. Don't get his this book unless you have no common sense and want to waste money.

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 uncovered. This book is all you need to improve your healthy habits while vacationing in Walt Disney World. Nutritious foods, healthful restaurants, fitness opportunities, dining plan strategies (so you always stay on your diet) and tons of beneficial tips that you won't find anywhere else. Completely up-to-date, every page filled with easy to use, essential information. Actual prices for all recommended restaurants and activities. Blunt, honest reviews and opinions throughout (sometimes maybe too honest). You'll know which foods and physical activities to consider...and which ones to stay away from. Plus web site with last minute updates and more. Fascinating stories and advice from knowledgeable Guests and Cast Members. Inside Learn:- Where to find organic food products- How to improve your Disney Marathon and Sports experiences- Special Dietary Needs tips (including Vegetarian, Kosher)- Where and when are the best places and times to maximize fitness- Latest information on resort expansions, restaurants and food choices. It's all in here - from eating right to burning calories to keeping fit while staying inside WDW. The most valuable investment you can make for your Disney vacation. Whether you are a first time guest or experienced elite athlete, you will learn more to maximize Disney's offerings from this book than any other guide. Have the best (and

healthiest) vacation of your life with The Healthy Guide to Walt Disney World 2009.