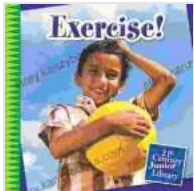


# Exercise 21st Century Junior Library Your Healthy Body: The Ultimate Guide to Kids' Health



## Exercise! (21st Century Junior Library: Your Healthy Body) by Katie Marsico

★★★★★ 5 out of 5

Language : English

File size : 7661 KB

Print length : 24 pages



Exercise 21st Century Junior Library Your Healthy Body is a great resource for kids to learn about their bodies and how to stay healthy. The book is full of fun and engaging activities that teach kids about the importance of exercise, nutrition, and sleep. It also includes tips on how to make healthy choices and avoid unhealthy habits.

The book is divided into three sections: **The Body, Food, and Exercise**. The Body section teaches kids about the different parts of the body and how they work together. The Food section teaches kids about the importance of eating healthy foods and making healthy choices. The Exercise section teaches kids about the importance of exercise and how to make it a part of their daily routine.

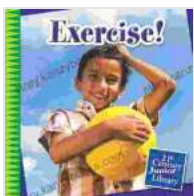
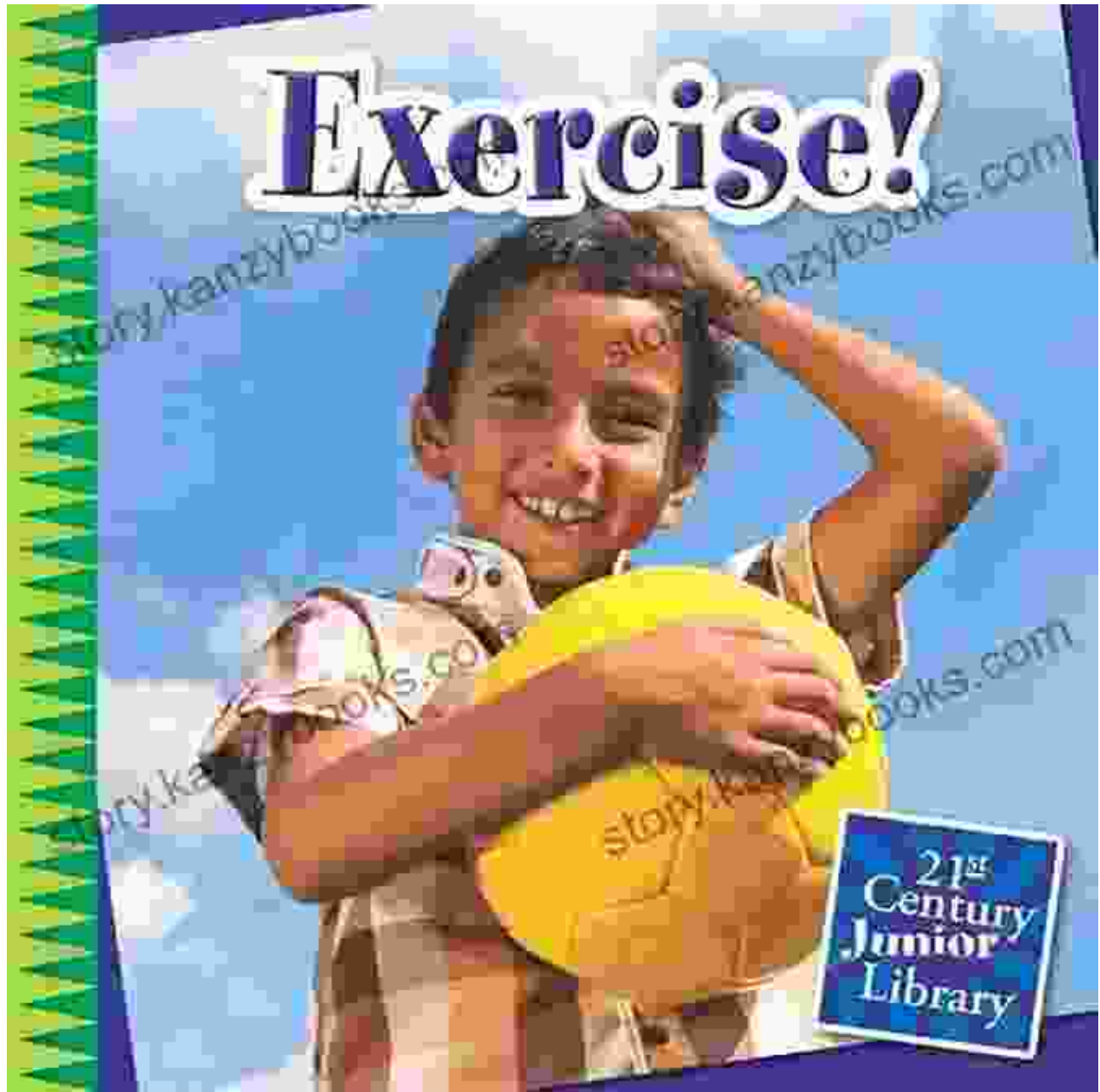
Each section is full of fun and engaging activities that teach kids about the importance of health. The Body section includes activities like "Build a Body" and "The Skeleton Dance." The Food section includes activities like

"Food Bingo" and "MyPlate." The Exercise section includes activities like "Jump Rope Challenge" and "Obstacle Course."

Exercise 21st Century Junior Library Your Healthy Body is a great resource for kids to learn about their bodies and how to stay healthy. The book is full of fun and engaging activities that teach kids about the importance of exercise, nutrition, and sleep. It also includes tips on how to make healthy choices and avoid unhealthy habits.

If you are looking for a great book to teach your kids about health, then Exercise 21st Century Junior Library Your Healthy Body is the perfect choice.

**Free Download Your Copy Today!**



**Exercise! (21st Century Junior Library: Your Healthy Body)** by Katie Marsico

★★★★★ 5 out of 5

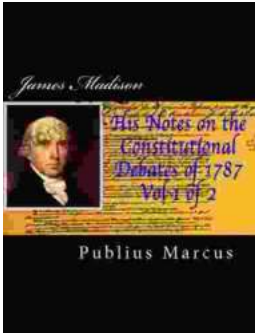
Language : English

File size : 7661 KB

Print length : 24 pages

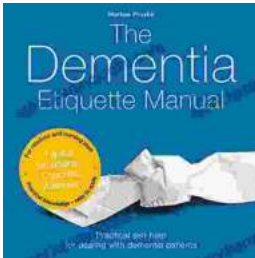
FREE

DOWNLOAD E-BOOK



## James Madison: His Notes on the Constitutional Debates of 1787, Vol. I

James Madison's Notes on the Constitutional Debates of 1787 are a vital source for understanding the creation of the United States Constitution. This...



## The Dementia Etiquette Manual: A Comprehensive Guide to Understanding and Caring for Persons with Dementia

If you're like most people, you probably don't know much about dementia. That's understandable. Dementia is a complex and challenging condition that affects...