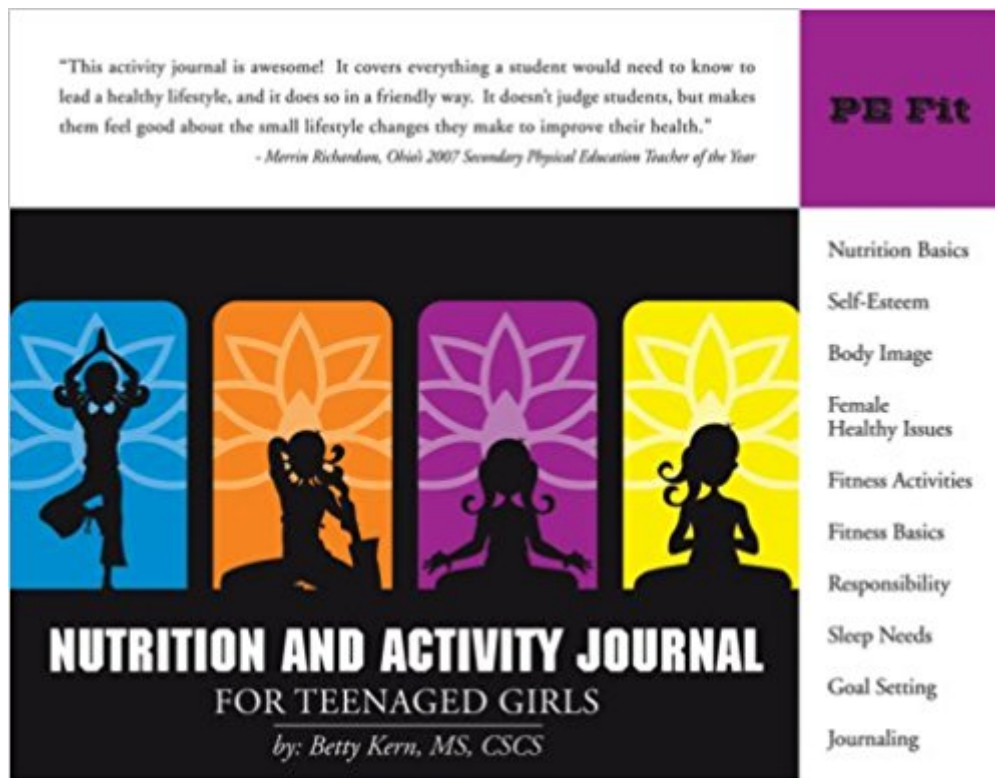




The book was found

Nutrition And Activity Journal For Teenaged Girls (Personal Wellness Series)



Synopsis

Featuring many topics of concern for teenage girls; weight gain, weight loss, disease prevention, self-image, self-esteem, body type, fashion, eating disorders, relationships, and fitness workouts; this all-in-one guide to healthy living teaches nutritional information and fitness strategies that are easy for teens to implement into their active lives. With the included journal, students are able to track habits and explore feelings in order to effectively mark their progress and relieve their daily stress. For girls who need positive, accurate, and appropriate direction, this handbook offers the steps to actively pursue their goals and improve their well-being.

Book Information

Series: Personal Wellness series

Paperback: 180 pages

Publisher: Holy Macro! Books (September 1, 2009)

Language: English

ISBN-10: 1932802452

ISBN-13: 978-1932802450

Product Dimensions: 11 x 0.5 x 8.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,901,422 in Books (See Top 100 in Books) #99 in Books > Teens >

Personal Health > Fitness & Exercise #192 in Books > Teens > Personal Health > Diet &

Nutrition #488 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Betty Kern, MS, CSCS, is a professional educator with more than 15 years of experience and certifications in mathematics and physical education. She is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association and the author of the Personal Wellness series. She lives in Mogadore, Ohio.

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