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# FITNESS FOR LIFE PHYSICAL ACTIVITY PYRAMID FOR KIDS POSTER



Human Kinetics Publishers, United States, 2010. Poster. Book Condition: New. 61 x 43 mm. Language: English . Brand New Book. The revised and updated Physical Activity Pyramid for Kids now includes physical activity and nutrition information so it is easy to understand energy balance at a glance. This bright, colorful, and informative poster serves as a reminder to children and young adults of the need for an appropriate mix of various types of physical activity as well as good nutrition...

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- Authored by Charles Corbin
- Released at 2010



Filesize: 1.09 MB

## Reviews

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