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Exercise

By Sharon Gordon, Nanci R Vargus, Jayne L Waddell

Children's Press(CT). Paperback / softback. Book Condition: new. BRAND NEW, Exercise, Sharon Gordon, Nanci R Vargus, Jayne L Waddell, Everything you always wanted to know about health -- from head to toe! This Rookie Read-About "RM" . series encourages practicing good habits to maintain good health, while stressing the importance of prevention. Simple text and full-color photos successfully guide young readers through each book, increasing their reading skills and confidence.Exercise helps build strong muscles -- including the heart! This book shows kids how to get fit while having fun doing favorite activities like playing soccer, taking a karate class, even walking the dog.



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