



Keeping Fit (Hardback)

By Anna Claybourne

Hachette Children s Group, United Kingdom, 2016. Hardback. Book Condition: New. Illustrated edition. 259 x 195 mm. Language: English . Brand New Book. Keeping fit is about keeping your body working well, and avoiding illnesses and injuries. Getting exercise is one of the most important ways to do this, and that s mainly what this book is about. But exercise doesn t just work on its own. There are loads of ways to look after your body, and they all work together. This book is a guide for teens on how to keep fit and healthy. Is is part of the series Healthy for Life, which gives factual information on a range of health issues so teens can get the information they need to be healthy. The books feature fun infographic style illustrations.



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- **Melvin Hettinger**

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Easton Collier DVM**