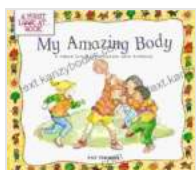


Get Your Kids Excited About Health and Fitness!



My Amazing Body: A First Look at Health and Fitness (A First Look at...Series) by Pat Thomas

★★★★☆ 4.3 out of 5

Language : English

File size : 7442 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 27 pages



First Look at Health and Fitness is an to the importance of health and fitness for kids.

This book teaches kids about the basics of nutrition, exercise, and hygiene, and how to make healthy choices that will last a lifetime. First Look at Health and Fitness is perfect for kids ages 6-8.

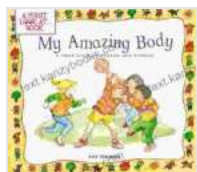
In this book, kids will learn about:

- The importance of eating healthy foods
- The different types of nutrients and how they help our bodies
- The benefits of exercise and how to get enough of it
- The importance of hygiene and how to keep our bodies clean
- How to make healthy choices that will last a lifetime

First Look at Health and Fitness is a fun and informative book that will help kids learn about the importance of health and fitness. This book is a great way to get kids excited about taking care of their bodies and making healthy choices.

Free Download your copy of First Look at Health and Fitness today!

Buy Now



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