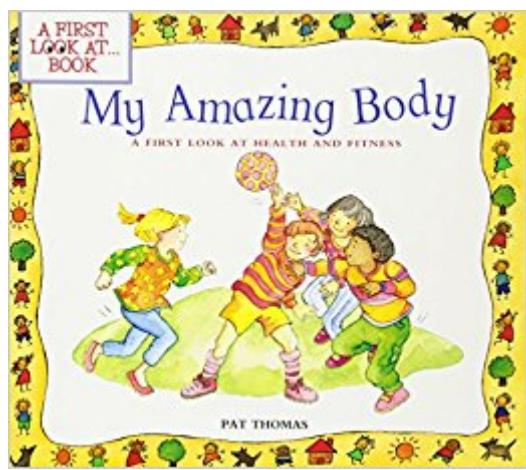


The book was found

# My Amazing Body: A First Look At Health And Fitness ("A First Look At..." Series)



## **Synopsis**

Many aspects of health and physical fitness are explained in a way that younger children can readily understand. This lively picture book explores the importance of a good diet and plenty of exercise, and encourages kids to make positive decisions about caring for themselves. Kids discover that even healthy people get ill sometimes, but that our bodies have special abilities to protect us and restore our health. Titles in this series for younger children explore emotional issues that boys and girls encounter as part of the growing-up process. Books are focused to appeal to kids of preschool through early school age. Written by psychotherapist and counselor Pat Thomas, A First Look At books promote positive interaction among children, parents, and teachers, and encourage kids to ask questions and confront social and emotional questions that sometimes present problems. Books feature appealing full-color illustrations on every page plus a page of advice to parents and teachers.

## **Book Information**

Lexile Measure: 830L (What's this?)

Series: "A First Look At..." Series

Paperback: 32 pages

Publisher: Barron's Educational Series (May 1, 2002)

Language: English

ISBN-10: 0764121197

ISBN-13: 978-0764121197

Product Dimensions: 0.2 x 9.5 x 8.2 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #56,918 in Books (See Top 100 in Books) #12 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #12 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #4477 in Books > Education & Teaching > Schools & Teaching

Age Range: 4 - 7 years

Grade Level: Preschool - 2

## **Customer Reviews**

This colorful and lively picture book explores all aspects of health and fitness. The importance of a good diet and plenty of exercise is looked at in a simple and informative way. While learning about their bodies, children can start to make positive decisions about caring for themselves. Written by

psychotherapist and counselor Pat Thomas, these superb information books promote interaction among children, parents, and teachers on personal, social, and emotional issues.

Pat Thomas is a trained psychotherapist, Naturopath, journalist and mother. After working as a journalist and broadcaster in the USA, she now works in the field of women's health and child development and writes for various publications including Practical Parenting. Her book 'MY Bees: My Family's Changing' was the winner of The English 4-11 Awards. --This text refers to an out of print or unavailable edition of this title.

daughter in law loves it. children 7 and 2 1/2

I bought this book for my son's kindergarten class, and it was a hit! The messages are clear and interesting. At this age, their minds are like sponges, soaking up information, but can become saturated if too much. The illustrations were also very appropriate and underscored the theme of the book. Overall, this book struck a perfect balance for the 4 to 6 age group - not too wordy, great illustrations, definitely not babyish in development of theme.

My wife purchased this for her first-grade classroom. She told me she loved it.

Great book that my toddlers love reading. It briefly mentions the 5 senses, exercise, eating healthy, eating junk food, getting hurt, getting sick, cleanliness, sleeping and physical activity. It allows for discussion and elaboration, which is great and enjoyable especially with all of the colorful images.

Love the book! Talks about the wonderful our bodies do and how to keep it healthy! Perfect for preschool aged children!

it's good

Brought this for a boys and girls club to give to children to teach them about health and their bodies. They were happy.

This book shows how important healthy eating and exercise is to the body and how to take good care of oneself and how important that is.

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Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) My Amazing Body: A First Look at Health and Fitness ("A First Look At..." Series) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners •Run Farther, Faster, and Injury-Free The Illustrated Practical Book of Family Health & First Aid: From treating cuts, sprains and bandaging in an emergency to making decisions on ... long-term health and fitness of your family Fitness for Polo - Exercise Guide (Fitness for Polo Series Book 1) Fitness for Polo - FitBall Exercise Guide (Fitness for Polo Series Book 2) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

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