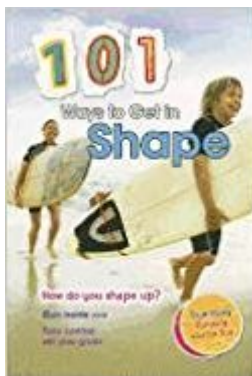


The book was found

101 Ways To Get In Shape



Synopsis

This book gives 101 tips and ideas readers can follow to help them get in shape and become healthier.

Book Information

Series: 101

Paperback: 56 pages

Publisher: Raintree (July 1, 2011)

Language: English

ISBN-10: 1410943844

ISBN-13: 978-1410943842

Product Dimensions: 6.2 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,157,912 in Books (See Top 100 in Books) #30 in Books > Teens >

Personal Health > Fitness & Exercise #56 in Books > Teens > Personal Health > Diet & Nutrition

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Customer Reviews

These two books (101 Ways to Get in Shape and 101 Things You Didn't Know About Your Body) offers light, friendly, and accessible approaches to health topics that tweens and teens care about. Readers are encouraged to eat a balance of healthy foods and exercise --School Library Journal This colorful and timely series will attract readers and hold their interest. Each page has a vivid barcode pattern across the tops and bottoms of pages. Photographs, Q & A's in green boxes, and thumbtack ""what's that?"" yellow boxes include definitions of --Library Media Connection These volumes present one hundred and one numbered facts that are loosely grouped by topic (human body systems, ""embarrassing"" functions in Body; eating and exercise in Shape). On busy pages, informational paragraphs, quizzes, anecdotes about famous people --The Horn Book

Charlotte Guillain worked as a bookseller, an English teacher and an editor before becoming an author. She has written more than 100 books, both fiction and non-fiction. She always wanted to be a writer and her top tip is to read as much as you can.

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