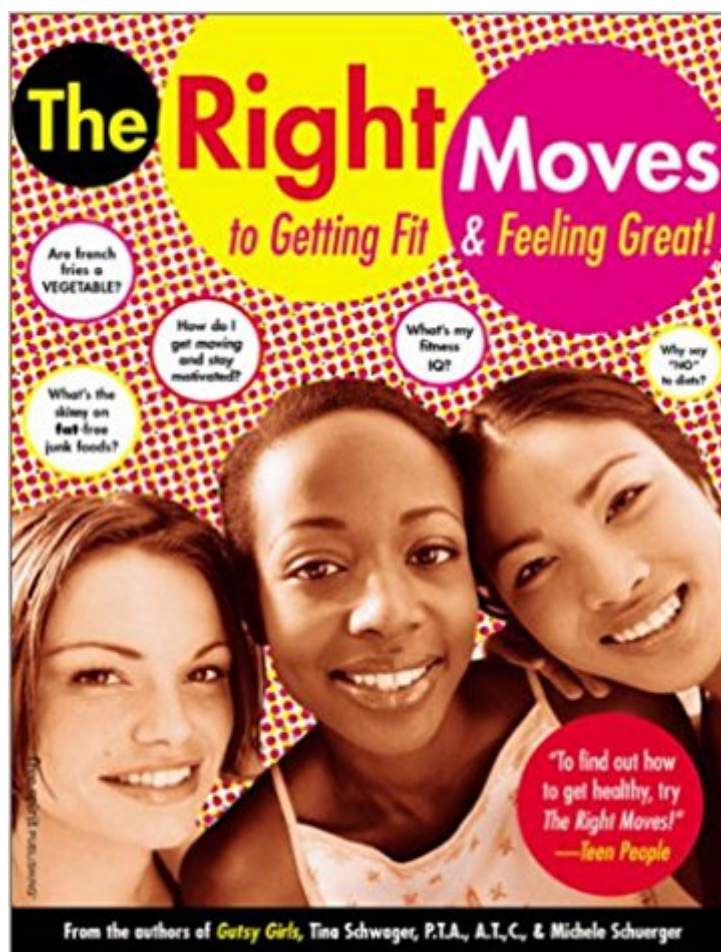


The book was found

The Right Moves: To Getting Fit And Feeling Great



Synopsis

The Right Moves to Getting Fit & Feeling Great by Tina Schwager, P.T.A., A.T.,C., and Michele Schuerger. The benefits of good nutrition and regular exercise can last a lifetime. This upbeat, positive book encourages girls to reach their full potential by developing a healthy self-image, eating right, and becoming physically fit. Part 1, "Pump Yourself Up," helps girls boost their self-esteem, build confidence, set goals, handle puberty, and pamper themselves. Part 2, "Food Is Your Fuel," focuses on diet (and diets), nutrition, "fat-free" foods, and more. Part 3, "Bodies in Motion," invites girls to explore the wide world of exercise, design a personal fitness plan, and gear up to get moving. Includes quizzes, quotes, facts, and fun activities to guide readers along the path to total fitness, inside and out.

Book Information

Paperback: 273 pages

Publisher: Free Spirit Publishing; 1 edition (January 1998)

Language: English

ISBN-10: 157542035X

ISBN-13: 978-1575420356

Product Dimensions: 9.1 x 7 x 0.7 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,022,877 in Books (See Top 100 in Books) #62 in Books > Teens > Personal Health > Fitness & Exercise #117 in Books > Teens > Personal Health > Diet & Nutrition #482 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

Grade 6 Up-A useful guide to total fitness. Schwager and Schuerger focus on three broad areas for teenage girls who would like to improve their looks and health: developing a positive self-image, choosing nutritious foods, and exercising regularly. Utilizing humorous line drawings, the authors offer many positive suggestions for ways for youngsters to believe in themselves and develop a mental edge to help them attain their goals. When read cover to cover, the text flows smoothly and logically; many readers, however, will also enjoy skimming sections to find the information they need at the moment. The authors make nutrition interesting with suggestions that are easy to implement into busy schedules, emphasizing that teens who deny themselves their favorite foods or binge regularly are bound to fall into disastrous eating patterns. Add these good nutrition habits to regular,

fun exercise, and you complete a package of overall health, energy, and glowing looks for girls who are on the go and full of life. Libraries can't go wrong with this book. Susan R. Farber, Ardsley Public Library, NY Copyright 1999 Reed Business Information, Inc.

Gr. 6[^]-12. This useful addition to the self-help genre is both cheerleader and resource, providing valuable advice and information for the teen years. Using an upbeat tone, the authors address the topics of self-esteem, diet, and exercise. Quizzes, quotes, facts, and suggestions break up the extensive text and keep readers engaged. The comprehensive and well-researched guide promotes a healthy, positive lifestyle, not only through useful tips but also through annotated lists of further reading and resources, from professional groups to cookbooks and Web sites. Emphasis is placed on the benefits of exercise: an extensive section on different sports and activities describes what they entail and to whom they might appeal; safety concerns are addressed; and sports opportunities and organizations for the disabled are noted. The authors provide important information on eating disorders, alcohol abuse, and too much exercise, stressing the importance of moderation. Acknowledging that change is a gradual process, this support-system-in-a-book encourages young women to set realistic goals and effectively provides the means to do so. Shelle Rosenfeld

When I read this book I thought it was like any other girl help book but this one was different. I used to be shy but now I am strong and have confidence in myself. I used to be a tad overweight but now I am at my comfortable weight w/ a lifetime of healthy eating ahead of me. I also learned the appropriate way to exercise w/o strain. It was a very good book and I think I've read it over about 12 times now. I recommended it to all my friends and they said it was the best book they have read.

I love this book--good, solid information, easy to read, fun format. I recommend it for any girl who is interested in health and fitness!

THIS BOOK WAS GREAT! IT HAD A LOT OF INFORMATION THAT I DIDNT KNOW ABOUT DIETING AND FITNESS. I HIGHLY RECOMMEND THIS BOOK!!!!!!!!!!

[Download to continue reading...](#)

The Right Moves: to Getting Fit and Feeling Great Fearlessly Fit at Home: Your Personal Guide to Getting Fit The Right Step: How Stephen Curry Is Making All the Right Moves—with Humility and Grace Best Dance Moves in the World . . . Ever!: 100 New and Classic Moves and How to Bust Them How to Catch the Huge Market Moves: How to Predict and Enter the Big Market Moves in

Forex,Commodities and the Indices. Microsoft® Combat Flight Simulator 2: WW II Pacific Theater: Inside Moves (EU-Inside Moves) Forever Fit and Flexible: Feeling Fabulous at Fifty and Beyond Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Sketching User Experiences: Getting the Design Right and the Right Design (Interactive Technologies) Summer Fit, Seventh - Eighth Grade (Summer Fit Activities) 7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) Get Fit, Stay Fit Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) How Life Imitates Chess: Making the Right Moves, from the Board to the Boardroom Nate the Great Collected Stories: Volume 1: Nate the Great; Nate the Great Goes Undercover; Nate the Great and the Halloween Hunt; Nate the Great and the Monster Mess Internships in Psychology: The APAGS Workbook for Writing Successful Applications and Finding the Right Fit Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) Let's Eat Right to Keep Fit Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike Seventeen's Guide to Getting into College: Know Yourself, Know Your Schools & Find Your Perfect Fit!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)