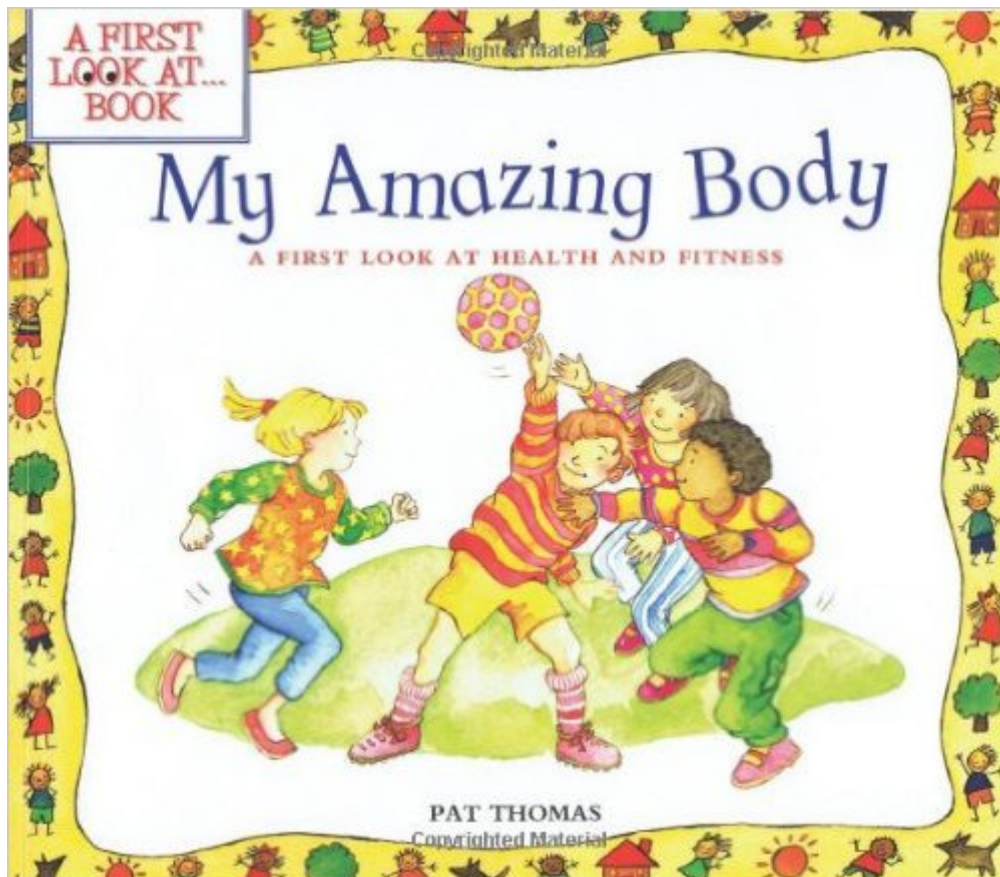


The book was found

# 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: 4.7 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #224,983 in Books (See Top 100 in Books) #37 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #57 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #11251 in [Books > Education & Teaching > Schools & Teaching](#)

Age Range: 4 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

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.

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.

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

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

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My Amazing Body: A First Look at Health and Fitness ("A First Look At..." Series) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total 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) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) My Amazing Body ("A First Look At..." Series) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Style: The Lady's Guide to French Style, Fashion and Beauty- Get Dressed to Look Charm and Elegant (French Chic, Sense of Style, Style, Style Books, Style ... Dressed, Look Hot, Look Fabulous Book 1) The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body)

Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free ROAR:Â How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life The Women's Health Big Book of Pilates: The Essential Guide to Total Body Fitness Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf Wheat Belly: 10-Day Grain Detox: Reprogram Your Body for Rapid Weight Loss and Amazing Health Flashcard Study System for the ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review for the American Council on Exercise Group Fitness Instructor Exam The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique

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