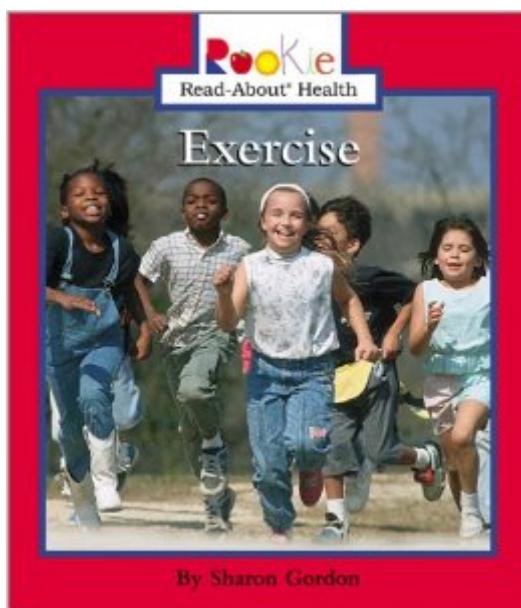


The book was found

# Exercise (Rookie Read-About Health)



## Synopsis

Everything you always wanted to know about health -- from head to toe! This Rookie Read-About RM ... series encourages practicing good habits to maintain good health, while stressing the importance of prevention. Simple text and full-color photos successfully guide young readers through each book, increasing their reading skills and confidence. Exercise helps build strong muscles -- including the heart! This book shows kids how to get fit while having fun doing favorite activities like playing soccer, taking a karate class, even walking the dog.

## Book Information

Lexile Measure: 90 (What's this?)

Series: Rookie Read-About Health (Paperback)

Paperback: 32 pages

Publisher: Children's Press(CT) (March 2003)

Language: English

ISBN-10: 051626950X

ISBN-13: 978-0516269504

Product Dimensions: 5.8 x 0.1 x 7 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (1 customer review)

Best Sellers Rank: #1,394,222 in Books (See Top 100 in Books) #163 inÂ  Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #248 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #10437 inÂ  Books > Children's Books > Literature & Fiction > Chapter Books & Readers > Beginner Readers

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Very good for early readers. easy words and easy to understand.

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Exercise (Rookie Read-About Health) You Have Head Lice! (Rookie Read-About Health (Paperback)) You Have Head Lice! (Rookie Read-About Health) I Have a Cavity (Rookie Read-About Health) Let's Measure It! Learn to Read, Math (Learn to Read, Read to Learn: Math) What to Read When: The Books and Stories to Read with Your Child--and All the Best Times to

Read Them Back-To-School Safety (Rookie Read-About Safety) Chinese New Year (Rookie Read-About Holidays) New Year's Day (Rookie Read-About Holidays) Independence Day (Rookie Read-About Holidays (Paperback)) Ramadan (Rookie Read-About Holidays) Rosh Hashanah & Yom Kippur (Rookie Read-About Holidays) The Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer Survivors) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy 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) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise

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