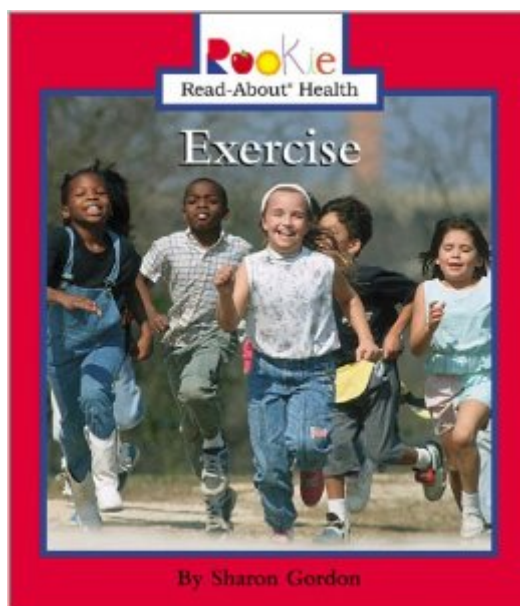


The book was found

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 stars [See all reviews](#) (1 customer review)

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