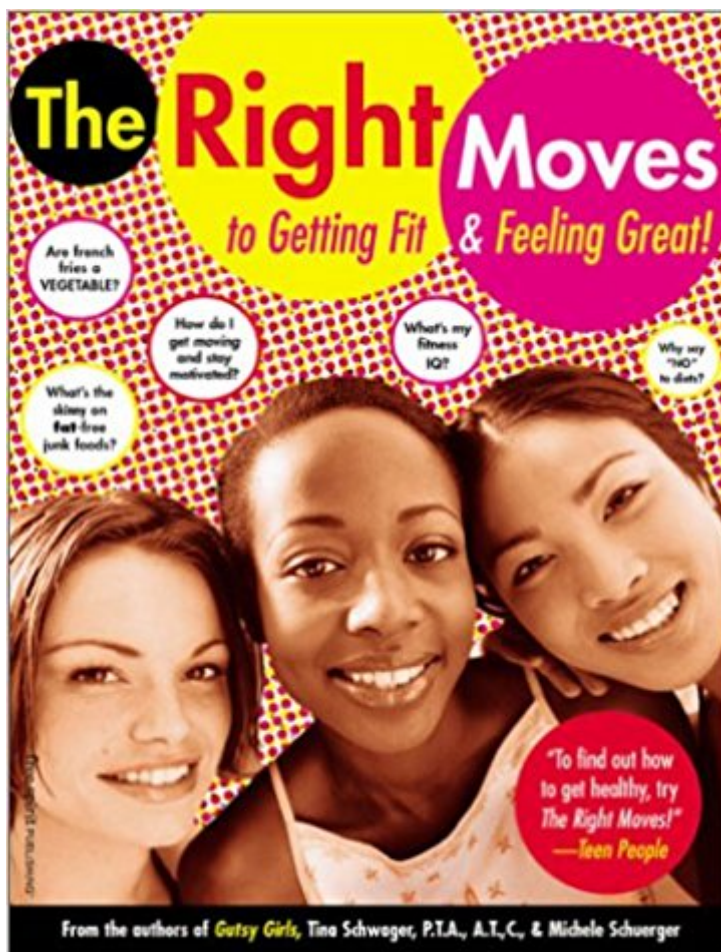


The book was found

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)

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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!!!!!!!!!!

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