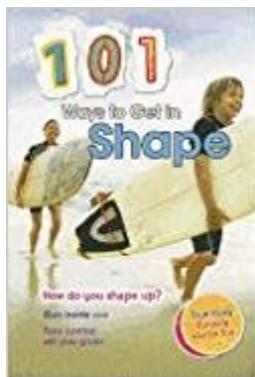


The book was found

101 Ways To Get In Shape



Synopsis

This book gives 101 tips and ideas readers can follow to help them get in shape and become healthier.

Book Information

Series: 101

Paperback: 56 pages

Publisher: Raintree (July 1, 2011)

Language: English

ISBN-10: 1410943844

ISBN-13: 978-1410943842

Product Dimensions: 6.2 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,157,912 in Books (See Top 100 in Books) #30 in Books > Teens >

Personal Health > Fitness & Exercise #56 in Books > Teens > Personal Health > Diet & Nutrition #233 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

These two books (101 Ways to Get in Shape and 101 Things You Didn't Know About Your Body) offers light, friendly, and accessible approaches to health topics that tweens and teens care about. Readers are encouraged to eat a balance of healthy foods and exercise --School Library Journal This colorful and timely series will attract readers and hold their interest. Each page has a vivid barcode pattern across the tops and bottoms of pages. Photographs, Q & A's in green boxes, and thumbtack ""what's that?"" yellow boxes include definitions of --Library Media Connection These volumes present one hundred and one numbered facts that are loosely grouped by topic (human body systems, ""embarrassing"" functions in Body; eating and exercise in Shape). On busy pages, informational paragraphs, quizzes, anecdotes about famous people --The Horn Book

Charlotte Guillain worked as a bookseller, an English teacher and an editor before becoming an author. She has written more than 100 books, both fiction and non-fiction. She always wanted to be a writer and her top tip is to read as much as you can.

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

Drawing Animals Shape by Shape: Create Cartoon Animals with Circles, Squares, Rectangles & Triangles (Drawing Shape by Shape series) Shape Up with the Slow Fat Triathlete: 50 Ways to Kick Butt on the Field, in the Pool, or at the Gym--No Matter What Your Size and Shape 101 Ways to Get in Shape The Inner Lives of Markets: How People Shape Them—And They Shape Us Shape by Shape Free-Motion Quilting with Angela Walters: 70+ Designs for Blocks, Backgrounds & Borders Shape by Shape, Collection 2: Free-Motion Quilting with Angela Walters Ã¢â€¢ 70+ More Designs for Blocks, Backgrounds & Borders The Measurement of Biological Shape and Shape Change (Lecture Notes in Biomathematics, Volume 24) 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! 20 Ways to Draw a Bike and 44 Other Incredible Ways to Get Around: A Sketchbook for Artists, Designers, and Doodlers 18 Ways to Break into Medical Coding: How to get a job as a Medical Coder (Medical Coding 101) 101 Facts... Stan Lee: 101 Facts About Stan Lee You Probably Never Knew (facts 101 Book 7) Liderazgo 101 (Leadership 101): Lo que todo lÃder necesita saber (What Every Leader Needs to Know) (101 Series) I'll Get Back to You: 156 Ways to Get People to Return Your Calls and Other Helpful Sales Tips Paleo cookbook: Quick and easy Vegan recipes to lose weight and get into shape (The ultimate Paleo cookbook series 5) The Complete No B.S. How-to Guide on Bodyweight Training: The 120 Best Bodyweight Exercises for Men & Women to Get Ripped, Lean and In-Shape at Home with No Gym Girls Get Curves: Geometry Takes Shape Loans 101: How to get a loan. Pay Less and Get More (Money Management Series) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh*t Together Get In, Get Connected, Get Hired: Lessons from an MBA Insider

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)