



## Keeping Fit (Hardback)

---

By Anna Claybourne

Hachette Children s Group, United Kingdom, 2016. Hardback. Book Condition: New. Illustrated edition. 259 x 195 mm. Language: English . Brand New Book. Keeping fit is about keeping your body working well, and avoiding illnesses and injuries. Getting exercise is one of the most important ways to do this, and that s mainly what this book is about. But exercise doesn t just work on its own. There are loads of ways to look after your body, and they all work together. This book is a guide for teens on how to keep fit and healthy. Is is part of the series Healthy for Life, which gives factual information on a range of health issues so teens can get the information they need to be healthy. The books feature fun infographic style illustrations.



**READ ONLINE**  
[ 5.31 MB ]

### Reviews

*A fresh e-book with a brand new standpoint. Sure, it is play, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is just soon after i finished reading this pdf where in fact modified me, change the way in my opinion.*

-- **Deondre Hackett**

*This publication might be worthy of a read through, and superior to other. It normally is not going to charge excessive. Its been written in an remarkably simple way and is particularly just after i finished reading through this book through which in fact transformed me, alter the way i really believe.*

-- **Juston Mraz**