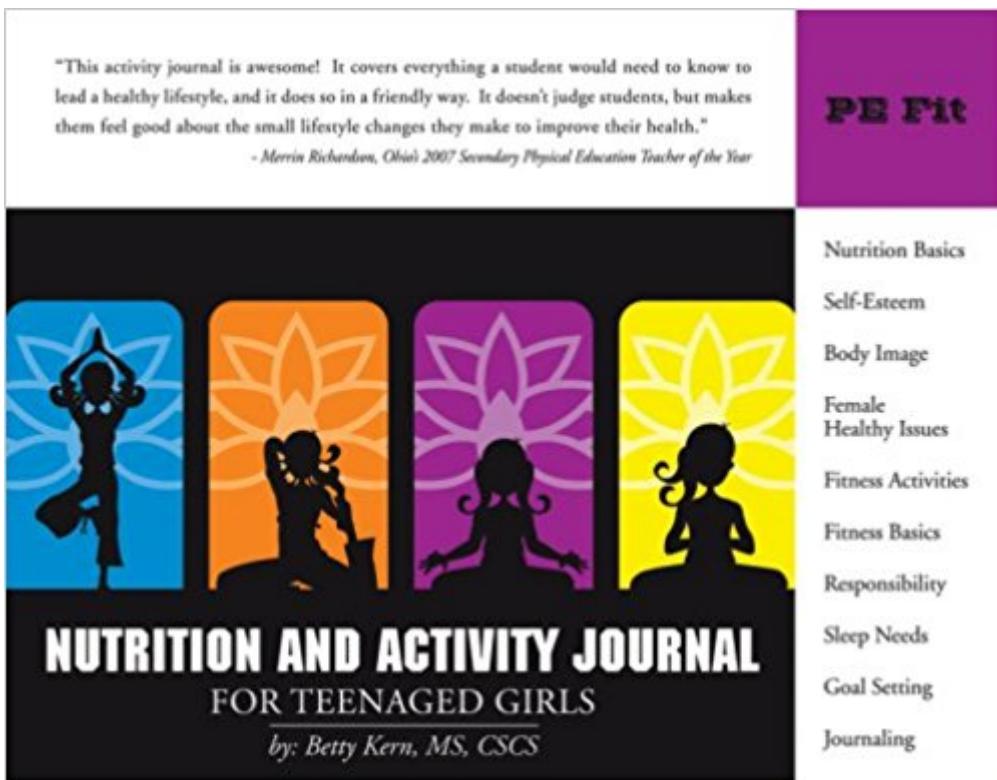


The book was found

Nutrition And Activity Journal For Teenaged Girls (Personal Wellness Series)



"This activity journal is awesome! It covers everything a student would need to know to lead a healthy lifestyle, and it does so in a friendly way. It doesn't judge students, but makes them feel good about the small lifestyle changes they make to improve their health."

- Merrin Richardson, Ohio's 2007 Secondary Physical Education Teacher of the Year

PE Fit

- Nutrition Basics
- Self-Esteem
- Body Image
- Female Healthy Issues
- Fitness Activities
- Fitness Basics
- Responsibility
- Sleep Needs
- Goal Setting
- Journaling



Synopsis

Featuring many topics of concern for teenage girls—weight gain, weight loss, disease prevention, self-image, self-esteem, body type, fashion, eating disorders, relationships, and fitness workouts—this all-in-one guide to healthy living teaches nutritional information and fitness strategies that are easy for teens to implement into their active lives. With the included journal, students are able to track habits and explore feelings in order to effectively mark their progress and relieve their daily stress. For girls who need positive, accurate, and appropriate direction, this handbook offers the steps to actively pursue their goals and improve their well-being.

Book Information

Series: Personal Wellness series

Paperback: 180 pages

Publisher: Holy Macro! Books (September 1, 2009)

Language: English

ISBN-10: 1932802452

ISBN-13: 978-1932802450

Product Dimensions: 11 x 0.5 x 8.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,901,422 in Books (See Top 100 in Books) #99 in Books > Teens > Personal Health > Fitness & Exercise #192 in Books > Teens > Personal Health > Diet & Nutrition #488 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Betty Kern, MS, CSCS, is a professional educator with more than 15 years of experience and certifications in mathematics and physical education. She is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association and the author of the Personal Wellness series. She lives in Mogadore, Ohio.

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

Nutrition and Activity Journal for Teenaged Girls (Personal Wellness series) The Guy's Guide to God, Girls, and the Phone in Your Pocket: 101 Real-World Tips for Teenaged Guys A Daughter's

Worth: A Bible Study for Teenaged Girls Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Brainiac's Secret Agent Activity Book: Fun Activities for Spies of All Ages (Activity Books) (Activity Journal Series) Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Draw & Write Primary Journal for Girls to Write and Draw in: Children's Fun Writing & Drawing Activity Notebook for Kids Ages 4-8 to Journal Her Day, ... Little Artist's & Author's Diary) (Volume 2) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Cute Piglet: Sketchbook for Kids : Dot Grid Journal : Notebook Composition:Girls: dot grid journal and sketchbook for boys and girls 8x10 inch,99 Pages Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Camp Journal: An Activity Book, Record Keeper, & Photo Album All Wrapped in One (Activity Book Series) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity Toddler Coloring Book. Numbers Colors Shapes: Baby Activity Book for Kids Age 1-3, Boys or Girls, for Their Fun Early Learning of First Easy Words ... (Preschool Prep Activity Learning) (Volume 1) Engaging Wellness: Corporate Wellness Programs That Work Awaken the Wellness Within: A Journey to Health & Wellness Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Nutrition Essentials: A Personal Approach (Mosby Nutrition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)