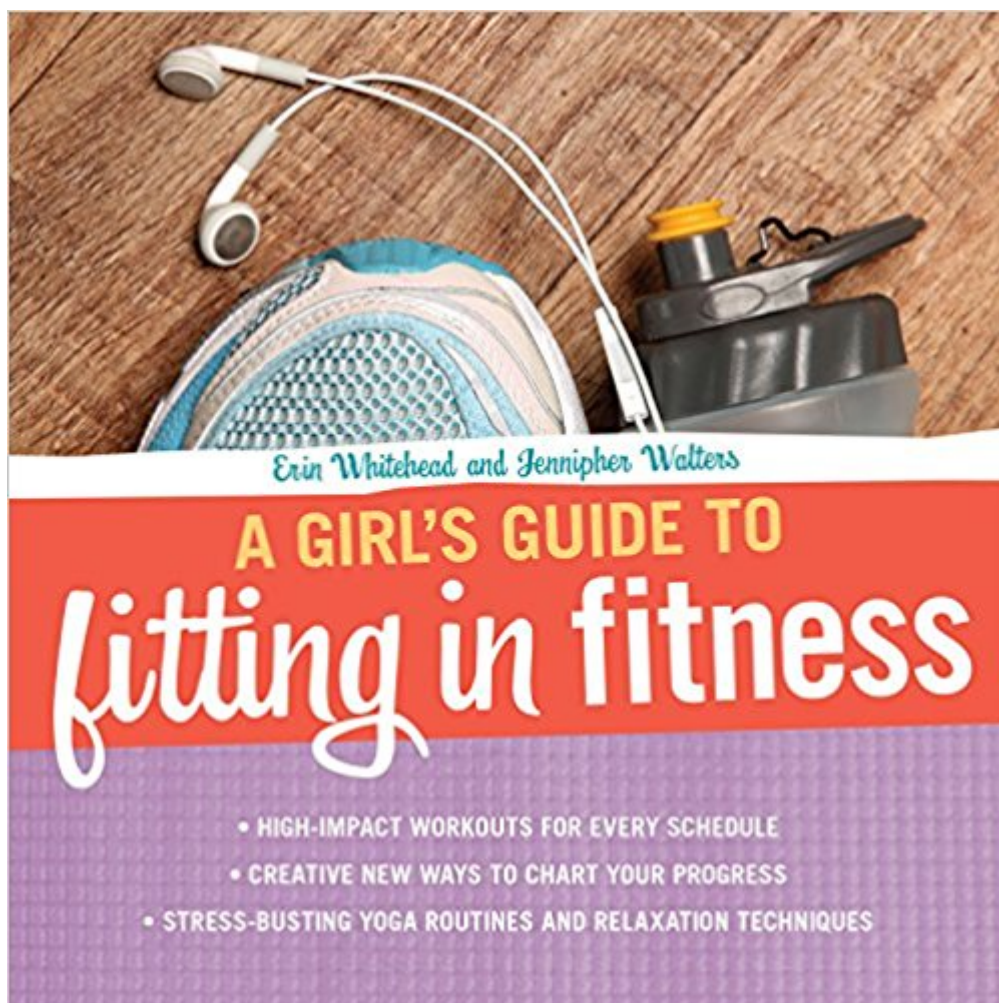




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Girl's Guide To Fitting In Fitness



Synopsis

Modern teenagers always have a million things to do. The Girl's Guide to Fitting in Fitness shows how you can add fun and effective exercise routines to your schedule without sacrificing anything! Start living healthier with these easy workouts, simple recipes, and progress charts that will take you from the page to a fitter life. This isn't an ordinary fitness book, the authors make the experience fun and interesting with facts, figures, and anecdotes to back up their strategies.

Book Information

Lexile Measure: 1110L (What's this?)

Paperback: 128 pages

Publisher: Zest Books (March 26, 2013)

Language: English

ISBN-10: 1936976307

ISBN-13: 978-1936976300

Product Dimensions: 7 x 0.4 x 7 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,636,910 in Books (See Top 100 in Books) #43 in Books > Teens >

Personal Health > Fitness & Exercise #199 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #302 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

This informative guide aims for a whole-health perspective when it comes to fitness, focusing on nutrition, school sports, and providing flexible workouts for many different lifestyles. Readers are given a thorough overview of the components of a balanced fitness routine, including cardio, strength training, warm-ups, and cooldowns. When PE isn't available, or on weekends and school breaks, options for staying healthy include phone apps, Wii workouts, and making the most of physical summer jobs. There's a group fitness decoder for classes girls might encounter if they join a gym. Riddled throughout the text are tips and tricks from real girls who have managed to make time for exercise and proper nutrition. Girls who want to make the most of their gym class are told, GO for it and don't be afraid to look a little silly. It's a pleasant reminder

that physical activity is supposed to be fun. From start to finish, this guide is a useful, well-researched resource for any young woman looking to figure out a regimen that works for her. Grades 7-12. --Courtney Jones

“Readers are given a thorough overview of the components of a balanced fitness routine, including cardio, strength training, warm-ups, and cooldowns. . . From start to finish, this guide is a useful, well researched resource for any young woman looking to figure out a regimen that works for her.” •Booklist

just right for a teenager girl

Overall it was pretty good but wasn't what I expected. It said it would make exercise fun, but there was hardly anything that looked fun. I did like the part about dancing. The yoga poses and weight lifting were cool too. It said it wasn't hard to get up early if you choose an exercise you enjoy. The ones they suggested were things like push ups and lunges. Those aren't going to motivate me to get up. It had useful information about setting and keeping goals. The writing was easy to read and conversational. The purpose was to explain the benefits and reasons to exercise and share practical ways to begin being more healthy. The authors achieved their purpose. The part about setting and reaching goals was great. It was a motivational and practical book. It is good for beginners just getting started or for people who are already pretty fit looking for a challenge. It's best for high school girls. Student Reviewer: AvolzerAge at time of review - 12

I really have to admire the authors of this book. With all the concern over eating disorders in teen girls, it strikes me as a difficult task to write a good book for teenagers that encourages them to be healthy without reinforcing the "you must be skinny!" mantra. This book does a nice job of it though. It suggests practical ways to stay healthy that don't ask the reader to give up every food she loves, all the time, or to dedicate every waking hour to exercise. Instead it suggests ways to make more realistic changes for a healthier diet, and to fit in exercising with her life and make it enjoyable. I would definitely recommend this to teen girls who want a good guide to exercise and fitness that doesn't ask them to work their entire lives around a workout schedule. The layout of the book is also very attractive. While the book is geared to those in high school, it would work equally well for college students. It's a great choice for YA nonfiction collections.

I requested this book for my teenage daughter and we both found it to be interesting. My daughter also said it was helpful and like the chapter about eating well the best. I really liked that it provided tips and examples to help a girl who is just learning to make healthy choices (food choices, exercise suggestions), simple and easy to understand. It is really important to me that the focus is on healthy not being skinny and this book provides that. My one complaint was a small section on page 12 where there is a reference to loving the number on the scale. As much as this book emphasizes the scale nor skinny being important I think it would have been better if this part was not included. That small part did not detract from what is overall a great book though.

Good read. Good info. It's a proficient introduction to fitness geared towards preadolescent and adolescent females. Liked the inclusion of websites exercise details and the breakdown of nutrition. Refreshing in its simplicity. Encouraged my niece to read.

Well-written and easy-to-read. This book is accessible and, I think, would appeal to the teen and 20something audience. It's broken out into nice, simple chapters that bring you the information that you need without a bunch of extra information. Overall, I liked it.

This book is packed with useful tips. I especially enjoyed the "myth busting", "pitfalls to avoid", "real teen tips" and "extra credit" boxes! Nice combo of eating, moving, and stress-relief. Very practical advice that females of all ages can use every day.

I used to think I wasn't able to eat my favorite snacks but now I know that if I eat a small portion it would kill the desire for it and stay on track for healthy living.

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