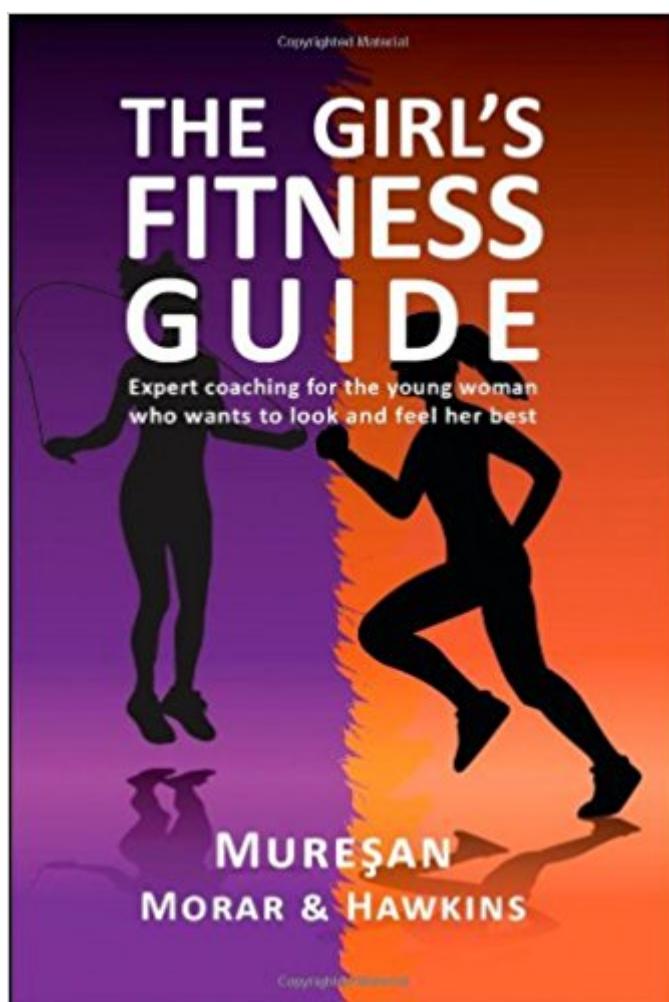


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# The Girl's Fitness Guide: Expert Coaching For The Young Woman Who Wants To Look And Feel Her Best



## **Synopsis**

Filled with all the essential information needed to set up an exercise program and keep it going, this fitness and health handbook teaches young women age 12 and up how to exercise, eat right, and take care of the body. Focusing on the close interrelationship between exercise, nutrition, and body care, the components of this complete exercise program include stretching, aerobic exercise, resistance exercise, nutrition, and body care. The 7-day exercise program presented in this guide will help young women build poise and self-assurance and instill in them a lifetime of health and vitality.

## **Book Information**

Paperback: 112 pages

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,389,727 in Books (See Top 100 in Books) #50 in Books > Teens > Personal Health > Fitness & Exercise #278 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #406 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 and up

Grade Level: 7 and up

## **Customer Reviews**

Gheorghe Muresan is a former NBA player for the New Jersey Nets and the Washington Bullets. He was a costar in the film *My Giant* and is the coauthor of *The Boy's Fitness Guide*. He lives in Potomac, Maryland. Rares Nick Morar is a fitness trainer accredited by the American Council on Fitness Education, a FiTOUR® Master Personal Trainer and Practitioner, a member of the IDEA Health and Fitness Association, and the coauthor of *The Boy's Fitness Guide*. He lives in Sterling, Virginia. Frank C. Hawkins is the coauthor of *The Book of Bad Habits for Young (And Not So Young!) Men and Women*, *The Boy's Body Guide*, and *The Boy's Fitness Guide*. He lives in Potomac Falls, Virginia.

As a parent and a writer, I certainly appreciate a book that gives you solid advice while doing so in an easily understood, enjoyable way. This is a great guide for dads (and moms) to assist their daughters in developing a healthy and happy lifestyle...the right way. This book uses solid exercise and nutrition advice and equips girls for optimum health...which doesn't mean forcing them into harmful stereotypes of beauty and health. It was a great read and a worthy resource for engaged parents. I highly recommend it!

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