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# Be Healthy! It's A Girl Thing: Food, Fitness, And Feeling Great



## Synopsis

Mavis Jukes is here to help girls learn how to be healthy so they can stay healthy. In this newly updated edition, Jukes and co-author Lilian Cheung, D.Sc., R.D. target what girls need to know in order to achieve an active lifestyle and how to avoid the pitfalls of body image issues. Readers will find basic nutritional information; ideas for safe exercising; tips on how to eat right no matter where they are; and lots of other kid-specific information on food, fitness and feeling great.

## Book Information

Series: It's a Girl Thing

Paperback: 128 pages

Publisher: Knopf Books for Young Readers; 1 edition (December 23, 2003)

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Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #487,477 in Books (See Top 100 in Books) #70 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #105 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #147 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

My daughter was turned off by this book because it said all the things not to do and insufficient focus on what to do. It took less than an hour for her to set it aside. We need books that motivate kids to do the right thing, not lecture them

My granddaughter read this over the summer. She thoroughly enjoyed all of the information that this book provided about what to expect as a teenager and how to eat right, exercise right and do the things she needs to do to feel good about herself. Well written and well advised.

Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great offers advanced elementary to middle

school readers - girls ages 10 and up - a fine blend of exercises, diet, and keys to lowering stress labels and caring for body and soul. This newly updated edition is packed with the latest expert details on food and nutrition and makes for an exceptional pick for health collections catering to pre-teens.

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Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Real Food Diet Cookbook: Gluten-Free, grain-free and real food recipes for losing weight, feeling great, and transforming your health Recipe Book: The Best Food Recipes That Are Delicious, Healthy, Great For Energy And Easy To Make (Healthy Cooking, Easy and Healthy Recipes, Recipe Cookbooks) The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Feeling Happy, Feeling Safe 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,) DASH Diet for Beginners: An Easy Step by Step Guide to Losing Weight, Reducing Hypertension and Feeling Great (Eat Your Way Lean & Healthy) Food Allergies:: Hungry Girl has the Recipes : Book 3 (Hungry Girl Cookbooks) Homemade Healthy Dog Food Food Recipes (Because Your Dog Deserves The Best All Natural Dog Food and Health Dog Recipes!) Slow Cooker Thanksgiving: 21 Recipe for a Perfect Holiday (Healthy Recipes, Crock Pot Recipes, Slow Cooker Recipes, Caveman Diet, Stone Age Food, Clean Food, Holiday Food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) ROAR: How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Secret Gateway to Health: The Single Most Important Thing You Need to Know for a Long Healthy Life Every Living Thing (All Creatures Great and Small) DIETMINDER Personal Food & Fitness Journal (A Food and Exercise Diary)

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