



The Busy Body Book: A Kid's Guide to Fitness

Lizzy Rockwell

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A celebration of the amazing human machine and a life on the move!

Your amazing body can jump, sprint, twist, and twirl. Your body is built to move.

Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that's the ultimate goal. Studies show that American kids are becoming more sedentary and more overweight and that they carry these tendencies with them into adolescence and adulthood. Experts agree that we need to help kids make physical activity a life-long habit. Through education, information, and encouragement, this book aims to inspire a new generation of busy bodies!

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