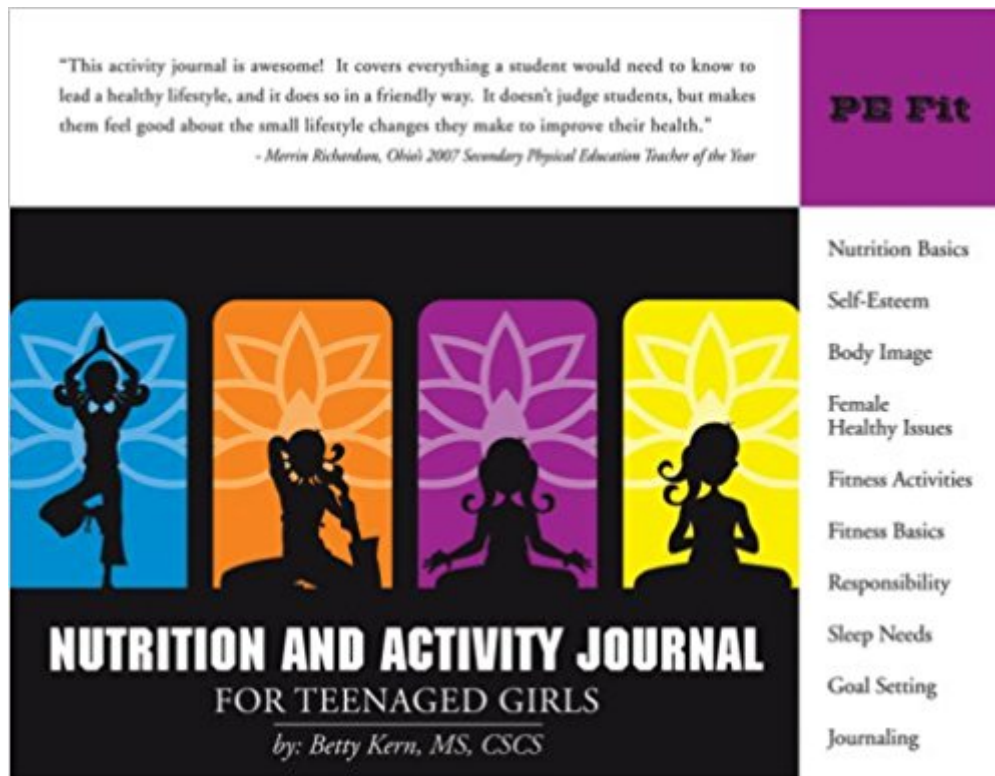


The book was found

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



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: #1,479,744 in Books (See Top 100 in Books) #25 in Books > Teens >

Personal Health > Fitness & Exercise #67 in Books > Teens > Personal Health > Diet & Nutrition

#178 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

Age Range: 12 and up

Grade Level: 7 and up

[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 Nursing for Wellness in Older Adults (Miller, Nursing for Wellness in Older Adults) Bundle: Understanding Nutrition, Loose-leaf Version, 14th + Diet and Wellness Plus, 1 term (6 months) Printed Access Card Camp Journal: An Activity Book, Record Keeper, & Photo Album All Wrapped in One (Activity Book Series) Brainiac's Road Trip Activity Book (Activity Books) (Activity Journals) Baby Shower: Baby Record Book. Activity Journal, Message Book, Guestbook, Journal, Pregnancy, Motherhood, Mum, Mother, Dad, Father, Baby,

Girl, Boy, ... With 20 Baby Shower Games, 8x10in (Volume 3) Minecraft Journal: A Secret Minecraft Journal (Minecraft, Minecraft Journal, Minecraft Journals, Minecraft Book, Minecraft Books, Minecraft Diaries, Minecraft Diary, Minecraft Book for Kids) Journal: 8.5 x 11, 160 Page Lined Journal/Notebook (Phoenix Journal) (Volume 1) Journal: 160 Page Lined Journal/Notebook (8.5 x 11 Large Journal/Notebook) (Volume 96) 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) Violet's Daily Diary: A Personal Growth Journal for Girls We Are Girls Who Love to Run / Somos Chicas Y a Nosotras Nos Encanta Correr (We Are Girls) (We Are Girls) (English and Spanish Edition) Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels) Bikini Girls 10: Bikini Girls & Nudity Girls with Big Butt Pictures Bikini Girls 9: Bikini Girls & Nudity Girls with Big Butt Pictures Minecraft Girls: A Diary of Minecraft Girls (Minecraft Girl, Minecraft Girl Diary, Minecraft Girls Book, Minecraft Books, Minecraft Diaries, Minecraft Diary, Minecraft Book for Kids) Nutrition Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) Nutrition and Diagnosis-Related Care (Nutrition and Diagnosis-Related Care (Escott-Stump))

[Dmca](#)