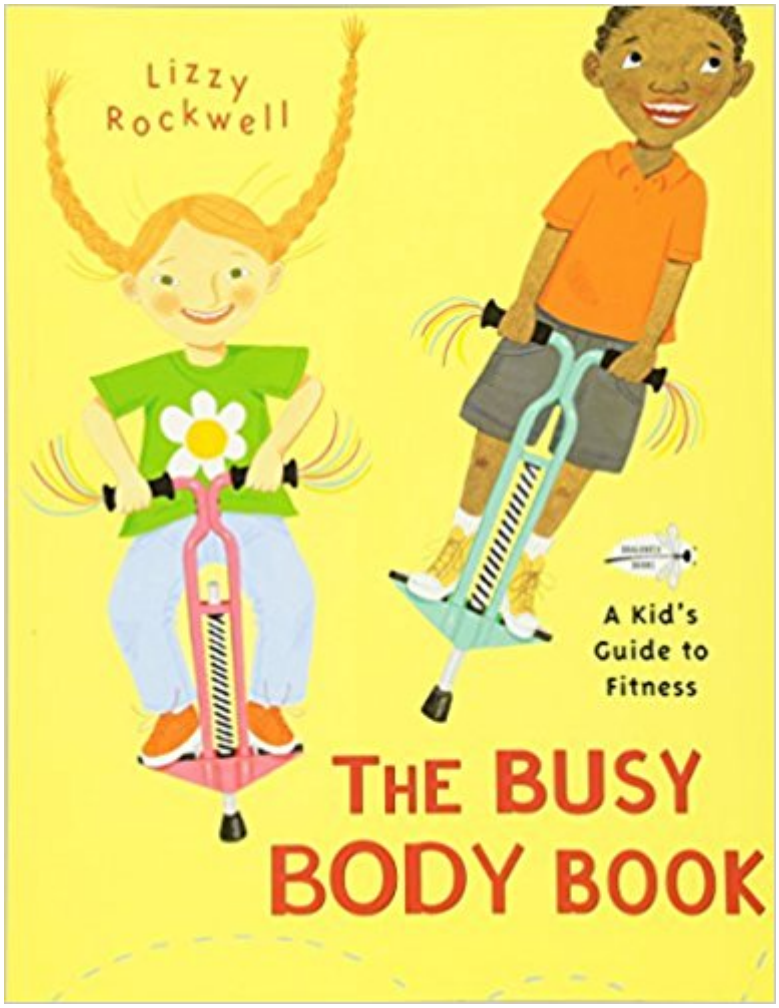
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The Busy Body Book: A Kid's Guide To Fitness



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Synopsis

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 aroundÃ¢â ¬â •and thatÃ¢â ¬â„¢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!

Book Information

Lexile Measure: 0680 (What's this?)

Paperback: 40 pages

Publisher: Dragonfly Books; Reprint edition (July 8, 2008)

Language: English

ISBN-10: 0553113747

ISBN-13: 978-0553113747

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 36 customer reviews

Best Sellers Rank: #40,671 in Books (See Top 100 in Books) #9 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #10 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #49 inÃ Â Books > Children's Books > Education & Reference > Science Studies > Anatomy & Physiology

Age Range: 3 - 7 years

Grade Level: Preschool - 2

Customer Reviews

Starred Review PreS-Gr. 3. There aren't many books that make human physiology accessible to preschoolers. Rockwell's message is the joy of physical activity, but she also does a great job of connecting exercise with detailed information about the body and how it works. The design is clear and inviting: first are bright, colorful spreads of kids busy on scooters and rollerblades, running, stretching, catching and throwing in the park; then come full-page diagrams of skeletons, clearly

labeled and packed with exciting scientific facts. One page shows kids using their muscles on a bar; opposite is a diagram of the body’s muscles, from biceps and ligaments to the Achilles tendon. One page describes "your incredible brain," which sends messages at lightning speed along wire-thin fibers called nerves; opposite is an anatomical diagram of the brain. The lungs, the heart and blood vessels, and the stomach and intestines get the same treatment. In an afterword to adults, Rockwell talks about the problem of overweight children and makes an enthusiastic pitch for healthy physical fun. Doing the activities on these pages is certainly a place to start. Hazel RochmanCopyright Ã Â© American Library Association. All rights reserved --This text refers to the Hardcover edition.

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! --This text refers to the Hardcover edition.

This is such a general book and at such a beginning level. I had purchased it for my 2nd grader but it more appropriate for my 4-year-old. It’s not a bad book but you probably do not need to actually buy it.

I think the concept of the book and its intent are great. Kids learn from the stuff they see on the screen and in books, so what better way to convey the message of health and what makes our bodies strong.So I have to ask, what in the heck was the author thinking by having the kid sitting on the bench with his headphones on eating a bag of CHIPS on not 1, but 3 pages in the book. Seriously? I was hoping there would be some kind of statement made on how that wasn’t a great choice (and it does later touch on good nutrition) but it never does go back and point out the poor choice.Otherwise this would be a 5 star rating. Still good, but not great.

This book was so full of great tidbits to teach children about how amazing their bodies are and how to take care of them to keep them healthy.

Average only because it wasn't the exact book (poetry etc) that I used to read my children and students. I only wanted the one I remembered. This was similar, but not the same, even tho the name was the same.Nothing was actually wrong with the book, just not what I was looking for.

I am a PE & Health teacher. My students love to have this book read to them, or to read it themselves when possible. The book is fact based, but written in a way children can understand. This makes it easy to re-visit the book, or pages of the book, to review facts.

Great book for five year old, just as described. L

I bought two copies "new" my rating is for the condition of one of these copies - stains on nearly every page, one page heavily soiled, back cover heavily soiled. The other copy was in perfect condition so hopefully this was a fluke deal and not something that happens with any frequency? Condition aside, LOVE the book, I purchased it to accompany nutrition lessons.

Not as spectacular as previous reviews led me to believe, especially for the price, but a good message to send to young kids. If we weren't an already active family, I may have thought it's content more valuable.

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