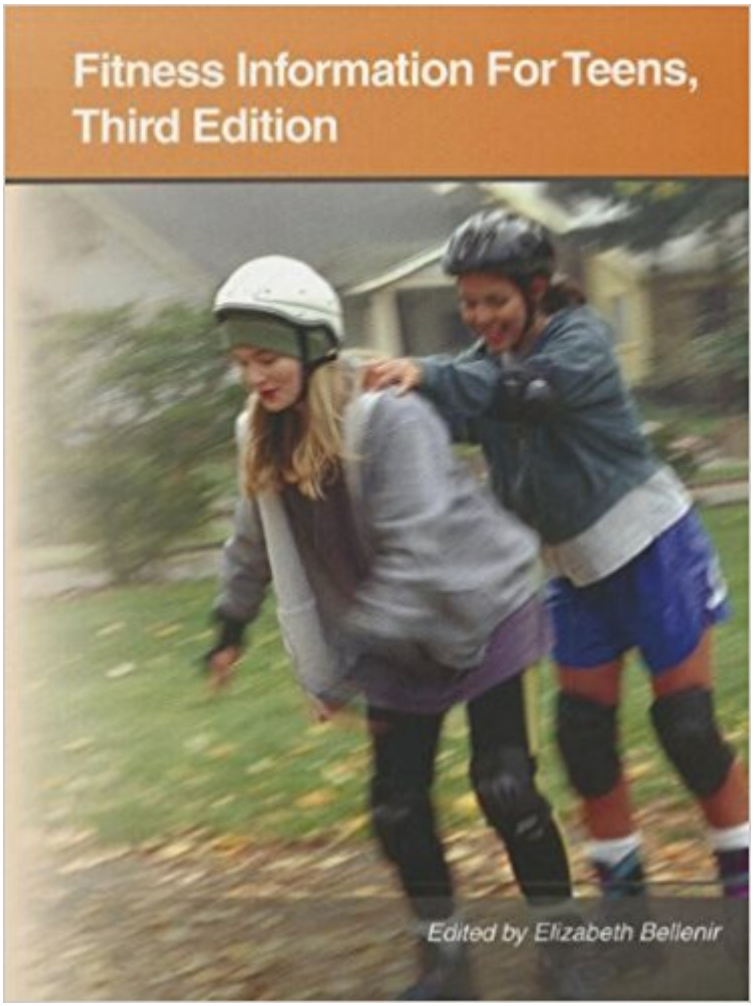
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Fitness Information For Teens: Health Tips About Exercise And Active Lifestyles: Including Facts About Healthy Muscles And Bones, Starting And ... Plans, Aerobic Fit (Teen Health Series)




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Book Information

Series: Teen Health Series

Hardcover: 387 pages

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Customer Reviews

With the current alarming rise in childhood obesity, it is opportune that Omnigraphics has published the third edition of a book earmarked to provide the tools and information needed for teens to engage in a healthier lifestyle before entering adulthood. In this thorough, easy-to-follow single volume, seven main sections cover information on the human body, personal fitness plans, exercise fundamentals, team activities, sports safety, obstacles to finding fitness, and resources. Entries average 4Ã¢â ¬â œ10 pages, covering topics such as making healthy choices at fast-food places, selecting a fitness facility, and choosing an appropriate type of activity based on its intensity for those without health issues and for those with asthma, diabetes, or physical disabilities. Several sections focus on common sports (baseball and softball, cheerleading, golf, bicycling, martial arts, hiking, and tennis), detailing how to play, what to wear, and safety practices. Attention is given to the dangers of compulsive exercise and performance-Ã Â- enhancing drugs. There are black-and-white diagrams of the bodyÃ¢â ¬â„¢s organs and a significant number of sidebar fact boxes, including a detailed nutrition label and information on choosing proper fitness shoes. There are also some fun facts sidebars, such as why tennis balls are fuzzy and the number of dimples in a golf ball. Contact information for fitness resources and specific sports and activities organizations is provided. An index completes this comprehensive reference. Highly recommended for those who coach or who work with teens in schools and in academic and public libraries. --Cheryl Ward

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