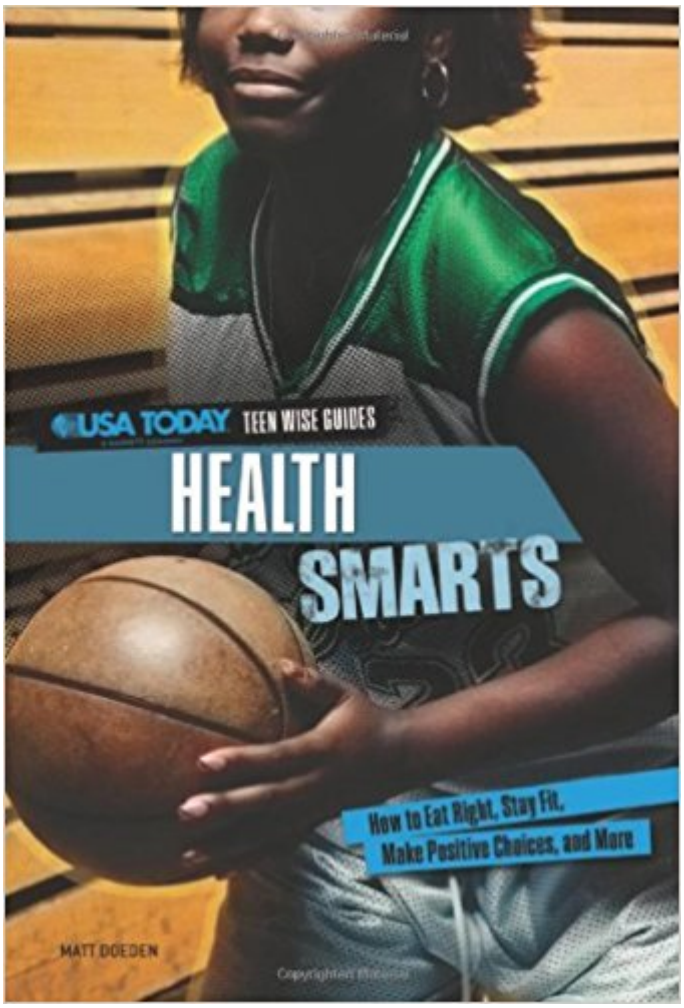
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Health Smarts: How To Eat Right, Stay Fit, Make Positive Choices, And More (USA Today Teen Wise Guides: Lifestyle Choices)



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Synopsis

Health. It seems like a simple topic, but keeping up a healthful lifestyle can be challenging. Still, there are easy steps that you can take to make sure you’re living the most healthful life you can. Did you know that just using a smaller plate can help to curb overeating? Or that taking the stairs instead of an escalator or elevator is a great way to build physical activity into your day? This book offers many great tips for leading a more healthful life. You’ll discover why sleep is so important and what happens when you don’t get enough. why fat isn’t a dirty word; in fact, some fats are good for you! what drugs, alcohol, and tobacco really do to your body. how you can stay in shape even if you hate the gym. why tending to your emotional health is every bit as important as taking care of your body. Supplemented with articles and information from USA TODAY, the Nation’s No. 1 Newspaper, Health Smarts delivers solid advice and firsthand stories of real teens facing many of the same types of situations you are. Ready to wise up on health? Read on!

Book Information

Series: USA Today Teen Wise Guides: Lifestyle Choices

Library Binding: 64 pages

Publisher: Twenty-First Century Books (August 1, 2012)

Language: English

ISBN-10: 0761370234

ISBN-13: 978-0761370239

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,523,460 in Books (See Top 100 in Books) #87 inÃ Â Books > Teens > Personal Health > Fitness & Exercise #170 inÃ Â Books > Teens > Personal Health > Diet & Nutrition

Customer Reviews

Gr 8 Up-This subset in the "USA Today Teen Wise Guides" series provides suggestions and strategies to help young adults stay safe or improve life skills. Both authors use friendly, conversational styles, resulting in narratives that are straightforward and readable, with key facts and tips highlighted so readers can easily find the main points. Reprints of articles and graphs from the pages of USA Today reinforce main ideas or provide additional information. Health and Safety offer standard tips readily available in many other formats and preexisting sets. The topics fall into

the "for-your-own-good" category, making teen interest unlikely. Communication and Volunteering cover topics not always addressed in classes and could be useful investments. Ã Â (c) Copyright 2011. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

Matt Doeden was born in southern Minnesota and lived parts of his childhood in Golden Valley, Minnesota, and Madison, Minnesota. He studied journalism at Mankato State University, where he worked at the college newspaper for three years. In his senior year, he served as the paper's Sports Editor, which put him in charge of the entire sports section, the sports writers, and the photographers. He covered mostly college sports, but also the Minnesota Vikings, who held training camp at MSU. His work allowed him to meet and interview people like Dennis Green, Cris Carter, Robert Smith, and more. Matt went on to work as a sports writer for the Mankato paper, and then he got a job as an editor with a small children's publisher called Capstone Press, and in 2003 he decided to start his own business as a freelance writer and editor. Since then Matt has written and edited hundreds of books. Lots of them are on high-interest topics like cars, sports, and airplanes. He also writes and edits on geography, science, and even math.

Exactly as described great addition to a middle school health classroom or library!

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