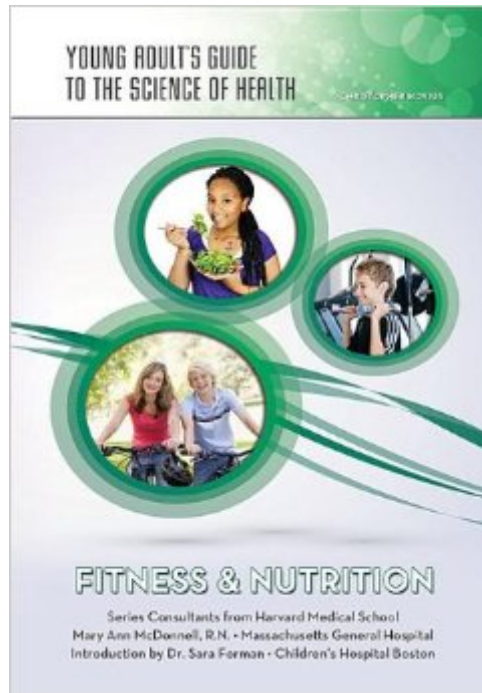


The book was found

# Fitness & Nutrition (Young Adult's Guide To The Science Of Health)



## Synopsis

Designed to help young adults cope with the various health choices and questions confronting them as they enter adolescence, this dynamic set of books provides accurate information and helpful resources for young people navigating their transition to adulthood.

## Book Information

Lexile Measure: 1190L (What's this?)

Series: Young Adult's Guide to the Science of Health

Library Binding: 128 pages

Publisher: Mason Crest Publishers (September 1, 2013)

Language: English

ISBN-10: 1422228096

ISBN-13: 978-1422228098

Product Dimensions: 6.5 x 0.6 x 9.3 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,216,222 in Books (See Top 100 in Books) #78 in Books > Teens >

Personal Health > Fitness & Exercise #180 in Books > Teens > Personal Health > Diet &

Nutrition #589 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 - 17 years

Grade Level: 7 - 12

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Older Adult: A Handbook of Nutrition throughout the Continuum of Care Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat Nutrition, Food, and Fitness: Student Activity Guide 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) Summer Fit First to Second Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Sixth to Seventh Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Weight Training (Nutrition and Fitness) Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing (Paperback)) Dental Care (Young Adult's Guide to the Science of Health) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Manual of Medical Nutrition Therapy: A Nutrition Guide for Long Term Care in Louisiana

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