



# The Right Moves: to Getting Fit and Feeling Great

*Tina Schwager, Michele Schuerger*

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The Right Moves to Getting Fit & Feeling Great by Tina Schwager, P.T.A., A.T.,C., and Michele Schuerger. The benefits of good nutrition and regular exercise can last a lifetime. This upbeat, positive book encourages girls to reach their full potential by developing a healthy self-image, eating right, and becoming physically fit. Part 1, "Pump Yourself Up," helps girls boost their self-esteem, build confidence, set goals, handle puberty, and pamper themselves. Part 2, "Food Is Your Fuel," focuses on diet (and diets), nutrition, "fat-free" foods, and more. Part 3, "Bodies in Motion," invites girls to explore the wide world of exercise, design a personal fitness plan, and gear up to get moving. Includes quizzes, quotes, facts, and fun activities to guide readers along the path to total fitness, inside and out.

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#### **David Bolds:**

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled The Right Moves: to Getting Fit and Feeling Great can be great book to read. May be it could be best activity to you.

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