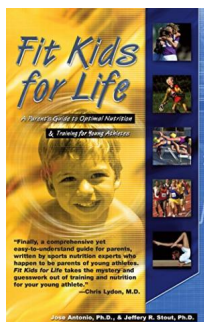


## Read Book

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Basic Health Publications. Paperback. Book Condition: New. Paperback. 136 pages. Dimensions: 8.8in. x 6.0in. x 0.4in. When we look back on childhood, we realize that exercise was a lot like play. Recess was a favorite time during school: we enjoyed running, playing tag, or hitting a baseball just because it felt good. And if we were lucky, we carried these healthy habits into adulthood. However, its apparent that staying active, even as kids, has become the exception. The statistics are depressing...

### Read PDF Fit Kids for Life A Parents Guide to Optimal Nutrition Training for Young Athletes

- Authored by Jose Antonio
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