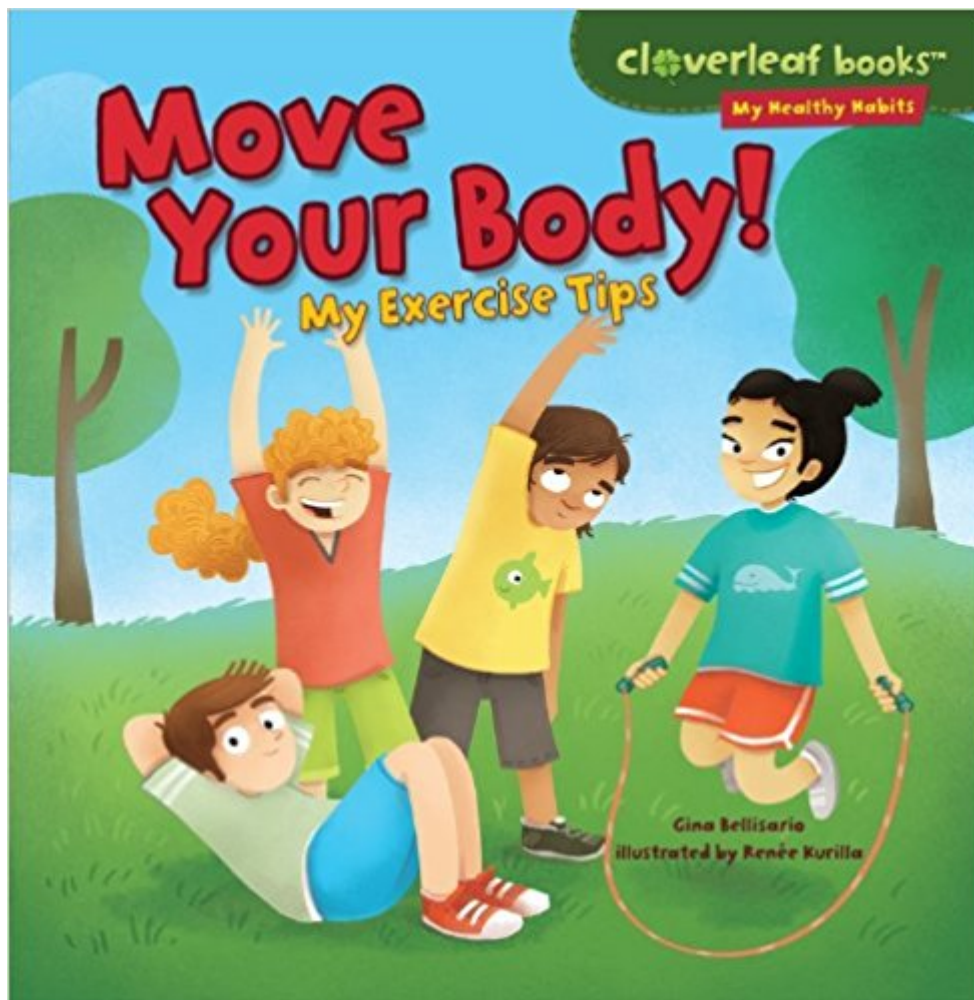




The book was found

# Move Your Body!: My Exercise Tips (Cloverleaf Books - My Healthy Habits)



## Synopsis

It's almost Field Day! But Natalie's team isn't ready for the big race. Their muscles get tired easily. Ms. Starr teaches them about aerobic and anaerobic exercise. They learn some stretching exercises too. Now they're full of energy. Can they win the beach ball relay?

## Book Information

Lexile Measure: 360L (What's this?)

Series: Cloverleaf Books: My Healthy Habits

Paperback: 24 pages

Publisher: Millbrook Pr Trade (April 1, 2014)

Language: English

ISBN-10: 1467723959

ISBN-13: 978-1467723954

Product Dimensions: 0.2 x 9.5 x 9.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #876,883 in Books (See Top 100 in Books) #111 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #180 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 5 - 7 years

Grade Level: Kindergarten - 2

## Customer Reviews

Gina Bellisario is the author of fiction and nonfiction books for young readers (and the grown-ups who read to them). She lives with her husband and their twin young readers in Park Ridge, Illinois.

Ms. Starr blew on her whistle to get everyone's attention. Natalie was her assistant and was "captain of the Beach Ball Relay." Patrick, Audrey, and Luis were all huffing and puffing after chasing a beach ball around for a while. It was going to take a lot of work to get everyone in shape to they could win that race. Ms. Starr held up a "You've Got Muscles" chart and began to talk to the boys and girls about exercise. "Our bodies have muscles," she explained. "We need them to jump, walk, and roll." They would have to all get their muscles working and fast if they were going to be in that relay. The children began to move this way and that and one of them even did a handstand. Ms. Starr began to march as everyone trailed behind her. "Come on, team. Let's move!" They began to

do all kinds of things from jumping rope to twirling a hula-hoop while Ms. Starr talked about three different kinds of exercise. They all learned about aerobic, anaerobic, and stretching exercises. Natalie was climbing and Patrick was doing push-ups. Do you know what kind of exercises they were doing? Everyone was working really hard in preparation for the Beach Ball Relay. Would they win after they did all that exercise? This book is a simple, but effective way for young children to learn about exercise. Children can learn several tips by listening to Natalie as she talks about what Ms. Starr tells the children. It's also very easy to see the many different types of exercises that everyone is doing in order to become fit. For example, when Ms. Starr explains that "Stretching exercises are important too," we see four different ways the children practice flexibility. Newly independent readers will be able to tackle this very basic beginning chapter book with a minimum of assistance save for words such as "anaerobic." In the back of the book is an index, a glossary, an activity (Make a "My Exercise" Chart), and additional recommended book and website resources to explore. There are free downloadable complementary educational resources on the publisher's website.

MY HEALTHY HABITS: Be Aware! My Tips for Personal Safety Choose Good Food! My Eating Tips Keep Calm!: My Stress-Busting Tips Move Your Body!: My Exercise Tips Poison Alert!: My Tips to Avoid Danger Zones at Home Take a Bath!: My Tips for Keeping Clean This book courtesy of the publisher.

[Download to continue reading...](#)

Move Your Body!: My Exercise Tips (Cloverleaf Books - My Healthy Habits) Be Aware!: My Tips for Personal Safety (Cloverleaf Books - My Healthy Habits) Poison Alert!: My Tips to Avoid Danger Zones at Home (Cloverleaf Books - My Healthy Habits) Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) Logical Chess: Move By Move: Every Move Explained New Algebraic Edition Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Quit Your Job and Move to Key West - The Complete Guide (Quit Your Job and Move to...) Body Thrive: Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga Your Body, Yourself: A Guide to Your Changing Body (Your

Body, Your Self Book) My Food, Your Food (Cloverleaf Books - Alike and Different) My Home, Your Home (Cloverleaf Books - Alike and Different) My Family, Your Family (Cloverleaf Books - Alike and Different) My Language, Your Language (Cloverleaf Books - Alike and Different) My Clothes, Your Clothes (Cloverleaf Books - Alike and Different) My Religion, Your Religion (Cloverleaf Books - Alike and Different) Your Body, Your Style: Simple Tips on Dressing to Flatter Your Body Type Mini Habits for Weight Loss: Stop Dieting. Form New Habits. Change Your Lifestyle Without Suffering.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)