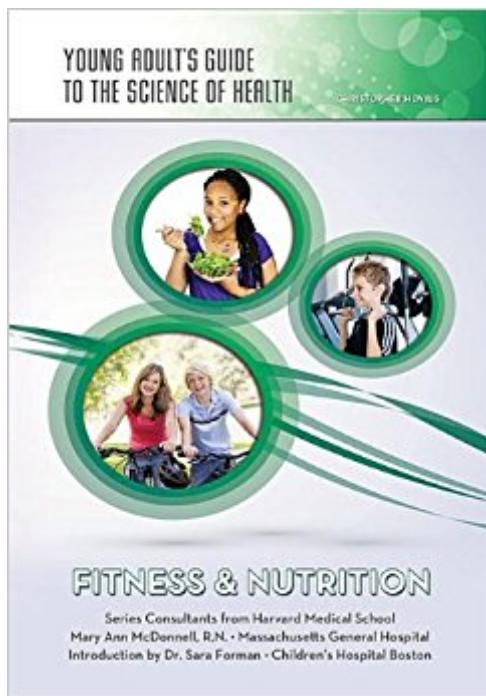


The book was found

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: 9.3 x 6.5 x 0.6 inches

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

Average Customer Review: Be the first to review this item

Best Sellers Rank: #5,073,222 in Books (See Top 100 in Books) #100 in Books > Teens >

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Age Range: 12 - 17 years

Grade Level: 7 - 12

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Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty)

Fitness & Nutrition (Young Adult's Guide to the Science of Health) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme,

Free Meme, Adult Pictures) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Best You Can Be: A Teen's Guide To Fitness And Nutrition (Science of Health Youth and Well Being) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + MindTap Nutrition, 1 term (6 months) Printed Access Card Bundle: Nutrition for Health and Health Care, Loose-leaf Version, 6th + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card Antique Hunting: Adult Coloring Books for Men in all Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Man's Search for Meaning: Young Adult Edition: Young Adult Edition They Hurt, They Scar, They Shoot, They Kill: Toxic Characters in Young Adult Fiction (Studies in Young Adult Literature) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness)

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