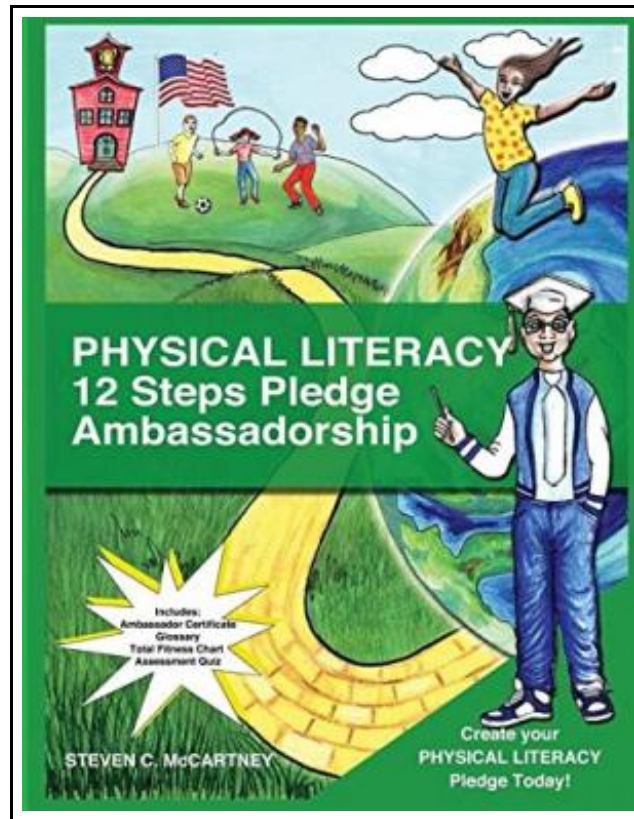


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Healthy Lifestyle Changes, Inc., United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Physical Literacy 12 Steps Pledge Ambassadorship is the passport that connects a path (the yellow brick road to health and fitness) for readers young and old: Or fit and unfit with 12 proven strategies according to scientific based research and national health and fitness objectives to learn how to workout smarter, stay healthier, reduce health disparities and build a healthier community globally. The rhythmic and metaphor of dance provides the vehicle in which the reader becomes engaged in the environment in which we live. Reading this educational and instructional tool can provide new understanding for young teen readers and adults by introducing 12 various topics on total health and fitness for personal best. In addition this book includes an Ambassador Certificate, Glossary, Total Fitness Chart, and Assessment Quiz. Rather than a get-fit-quick scheme, the Physical Literacy 12-Step Pledge Ambassadorship focuses on a lifetime of healthy behaviors and activities and is geared toward both the fit and the unfit. Whether children encounter the program in school physical education programs, at home, or during an extracurricular activity, they will discover something much larger than themselves. They will discover their ability to hone different aspects of their everyday lives in order to become healthy and stay healthy in both body and mind. The plan described within the Book is practical and completely attainable despite anyone s current lifestyle. It was designed to be concrete, positive and completely inclusive with a number of goals that can be reached and celebrated over time. Individuals who take the time to implement these strategies will develop a core foundation that revolves around their overall well-being. - Activity Book - Measurable - Sustainable...

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