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Nutrition And Activity Journal For Teenaged Girls (Personal Wellness Series)

"This activity journal is awesome! It covers everything a student would need to know to lead a healthy lifestyle, and it does so in a friendly way. It doesn't judge students, but makes them feel good about the small lifestyle changes they make to improve their health."
- Merrin Richardson, Ohio's 2007 Secondary Physical Education Teacher of the Year

PE Fit



NUTRITION AND ACTIVITY JOURNAL
FOR TEENAGED GIRLS
by: Betty Kern, MS, CSCS

- Nutrition Basics
- Self-Esteem
- Body Image
- Female Healthy Issues
- Fitness Activities
- Fitness Basics
- Responsibility
- Sleep Needs
- Goal Setting
- Journaling



Synopsis

Featuring many topics of concern for teenage girls—weight gain, weight loss, disease prevention, self-image, self-esteem, body type, fashion, eating disorders, relationships, and fitness workouts—this all-in-one guide to healthy living teaches nutritional information and fitness strategies that are easy for teens to implement into their active lives. With the included journal, students are able to track habits and explore feelings in order to effectively mark their progress and relieve their daily stress. For girls who need positive, accurate, and appropriate direction, this handbook offers the steps to actively pursue their goals and improve their well-being.

Book Information

Series: Personal Wellness series

Paperback: 180 pages

Publisher: Holy Macro! Books (September 1, 2009)

Language: English

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Age Range: 12 and up

Grade Level: 7 and up

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