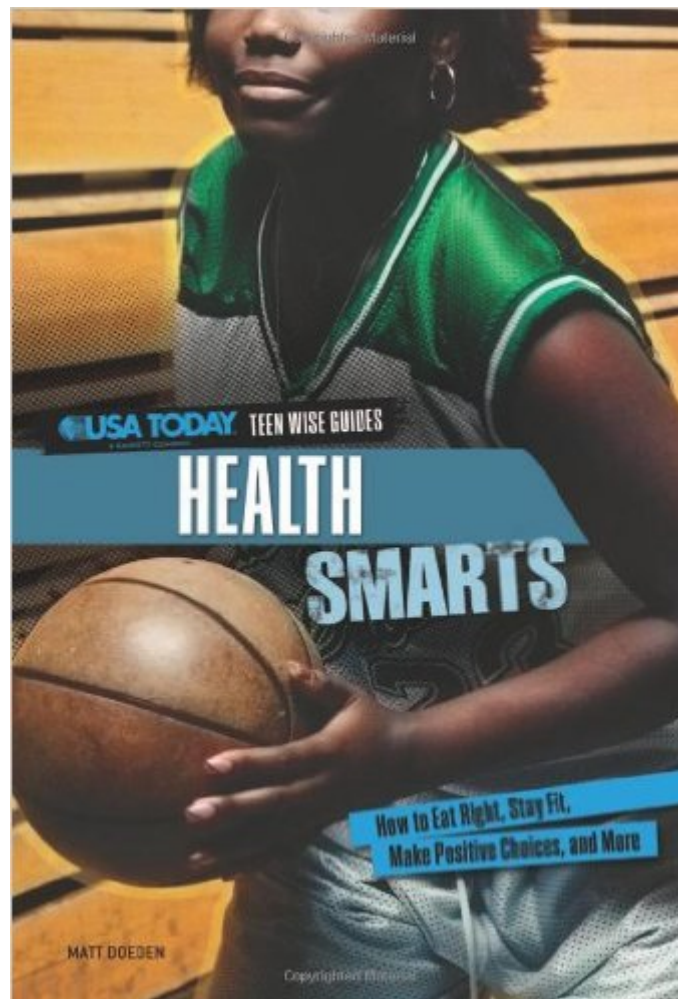


The book was found

Health Smarts: How To Eat Right, Stay Fit, Make Positive Choices, And More (USA Today Teen Wise Guides: Lifestyle Choices)



Synopsis

Health. It seems like a simple topic, but keeping up a healthful lifestyle can be challenging. Still, there are easy steps that you can take to make sure you're living the most healthful life you can. Did you know that just using a smaller plate can help to curb overeating? Or that taking the stairs instead of an escalator or elevator is a great way to build physical activity into your day? This book offers many great tips for leading a more healthful life. You'll discover why sleep is so important and what happens when you don't get enough. why fat isn't a dirty word; in fact, some fats are good for you! what drugs, alcohol, and tobacco really do to your body. how you can stay in shape even if you hate the gym. why tending to your emotional health is every bit as important as taking care of your body. Supplemented with articles and information from USA TODAY, the Nation's No. 1 Newspaper, Health Smarts delivers solid advice and firsthand stories of real teens facing many of the same types of situations you are. Ready to wise up on health? Read on!

Book Information

Series: USA Today Teen Wise Guides: Lifestyle Choices

Library Binding: 64 pages

Publisher: Twenty-First Century Books (August 1, 2012)

Language: English

ISBN-10: 0761370234

ISBN-13: 978-0761370239

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #3,457,018 in Books (See Top 100 in Books) #61 in Â Books > Teens > Personal Health > Fitness & Exercise #142 in Â Books > Teens > Personal Health > Diet & Nutrition

Customer Reviews

Exactly as described great addition to a middle school health classroom or library!

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

Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) USA TODAY Jumbo Puzzle Book 2: 400 Brain Games for Every Day (USA Today Puzzles) USA TODAY Crossword 3: 200 Puzzles from The Nation's No. 1

Newspaper (USA Today Puzzles) USA TODAY Crossword 2: 200 Puzzles from The Nations No. 1 Newspaper (USA Today Puzzles) USA TODAY Jumbo Puzzle Book: 400 Brain Games for Every Day (USA Today Puzzles) Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal) Right College, Right Price: The New System for Discovering the Best College Fit at the Best Price Living With the Internet and Online Dangers (Teen's Guides) (Teen's Guides (Paper)) Positive Options for Living with Lupus: Self-Help and Treatment (Positive Options for Health) AARP Roadmap for the Rest of Your Life: Smart Choices About Money, Health, Work, Lifestyle ... and Pursuing Your Dreams Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More The Survival Guide for Kids with Behavior Challenges: How to Make Good Choices and Stay Out of Trouble Healing Wise (Wise Woman Herbal) Wordly Wise 3000 Book 2 (Wordly Wise 3000: 3rd Edition) Wordly Wise 3000 Grade K - 2nd Edition (Wordly Wise 3000 2nd Edition) Your Personal Paleo Code: The 3-Step Plan to Lose Weight, Reverse Disease, and Stay Fit and Healthy for Life Client Teaching Guides For Home Health Care (Gorman, Client Teaching Guides for Home Health Guides)

[Dmca](#)