

# Hiking Ebook - Sarah Tieck

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Readers will discover how hiking promotes fitness and health in this informative title. Engaging text, full-color photos, and supplemental diagrams introduce them to hiking as an aerobic and muscle-strengthening exercise. Readers will become familiar with hiking gear, such as hiking boots, a compass, and a GPS. Warming up, cooling down, and stretching are also discussed, as well as hiking safety, etiquette, and goal setting. A table of contents, fun facts, a Q&A page, fitness tips, a glossary with phonetic spellings, and an index are included. This book will inspire readers to take to the trails and move their bodies! Buddy BOOKS is an imprint of ABDO Publishing Company. Author: Tieck, Sarah Publisher: Buddy Books Illustration: N Language: ENG Title: Hiking eBook Pages: 00032 (Encrypted PDF) On Sale: 2013-01-01 SKU-13/ISBN: 9781617835629 Category: Juvenile Nonfiction : Sports & Recreation - Camping & Outdoo

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