

Exercise By The Numbers - Cecilia Minden

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Exercise is an essential component of a healthy lifestyle. Readers will learn about the health benefits of exercise and discover how they can use math to get the most from an exercise routine. Author: Minden, Cecilia Publisher: Cherry Lake Publishing Illustration: N Language: ENG Title: Exercise by the Numbers Pages: 00032 (Encrypted PDF) On Sale: 2007-08-01 SKU-13/ISBN: 9781602790100 Age: 08-11 Reading Level: 03-06 Category: Juvenile Nonfiction : Health & Daily Living - Fitness & Exer Category: Juvenile Nonfiction : Mathematics - Arithmetic Category: Juvenile Nonfiction : Concepts - Money

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