

Skateboarding Ebook - Sarah Tieck

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Readers will discover how skateboarding promotes fitness and health in this informative title. Engaging text, full-color photos, and supplemental diagrams introduce them to skateboarding as an aerobic and muscle-strengthening exercise. Readers will become familiar with gear, including boards, helmets, and safety pads. They will also learn about skateboard maintenance, safety, and etiquette. Warming up, cooling down, and stretching are discussed, as well as nutrition. 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 grab their skateboards and move their bodies! Buddy BOOKS is an imprint of ABDO Publishing Company. Author: Tieck, Sarah Publisher: Buddy Books Illustration: N Language: ENG Title: Skateboarding eBook Pages: 00032 (Encrypted PDF) On Sale: 2013-01-01 SKU-13/ISBN: 9781617835636 Category: Juvenile Nonfiction : Sports & Recreation - Skateboarding

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