

Swimming Ebook - Sarah Tieck

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Readers will discover how swimming promotes fitness and health in this informative title. Engaging text, full-color photos, and supplemental diagrams introduce them to swimming as an aerobic and muscle-strengthening exercise. Readers will become familiar with the basic swimming strokes, swimming gear, such as goggles and swim caps, and water safety. Warming up, cooling down, and stretching are also discussed, as well as nutrition 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 jump in the water and move their bodies! Buddy BOOKS is an imprint of ABDO Publishing Company. Author: Tieck, Sarah Publisher: Buddy Books Illustration: N Language: ENG Title: Swimming eBook Pages: 00032 (Encrypted PDF) On Sale: 2013-01-01 SKU-13/ISBN: 9781617835643 Age: 08-12 Reading Level: 03-07 Category: Juvenile Nonfiction : Sports & Recreation - Water Sports

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