

Dancing Ebook - Sarah Tieck

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Readers will discover how dancing promotes fitness and health in this informative title. Engaging text, full-color photos, and supplemental diagrams introduce them to dancing as an aerobic and muscle-strengthening exercise. Readers will become familiar with different styles of dancing and the necessary gear. Warming up, cooling down, and stretching are discussed, as well as safety, 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 turn on some music and move their bodies!

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