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Be Healthy! It's A Girl Thing: Food, Fitness, And Feeling Great



Synopsis

Mavis Jukes is here to help girls learn how to be healthy so they can stay healthy. In this newly updated edition, Jukes and co-author Lilian Cheung, D.Sc., R.D. target what girls need to know in order to achieve an active lifestyle and how to avoid the pitfalls of body image issues. Readers will find basic nutritional information; ideas for safe exercising; tips on how to eat right no matter where they are; and lots of other kid-specific information on food, fitness and feeling great.

Book Information

Series: It's a Girl Thing

Paperback: 128 pages

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Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #487,477 in Books (See Top 100 in Books) #70 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #105 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #147 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

My daughter was turned off by this book because it said all the things not to do and insufficient focus on what to do. It took less than an hour for her to set it aside. We need books that motivate kids to do the right thing, not lecture them

My granddaughter read this over the summer. She thoroughly enjoyed all of the information that this book provided about what to expect as a teenager and how to eat right, exercise right and do the things she needs to do to feel good about herself. Well written and well advised.

Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great offers advanced elementary to middle

school readers - girls ages 10 and up - a fine blend of exercises, diet, and keys to lowering stress labels and caring for body and soul. This newly updated edition is packed with the latest expert details on food and nutrition and makes for an exceptional pick for health collections catering to pre-teens.

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