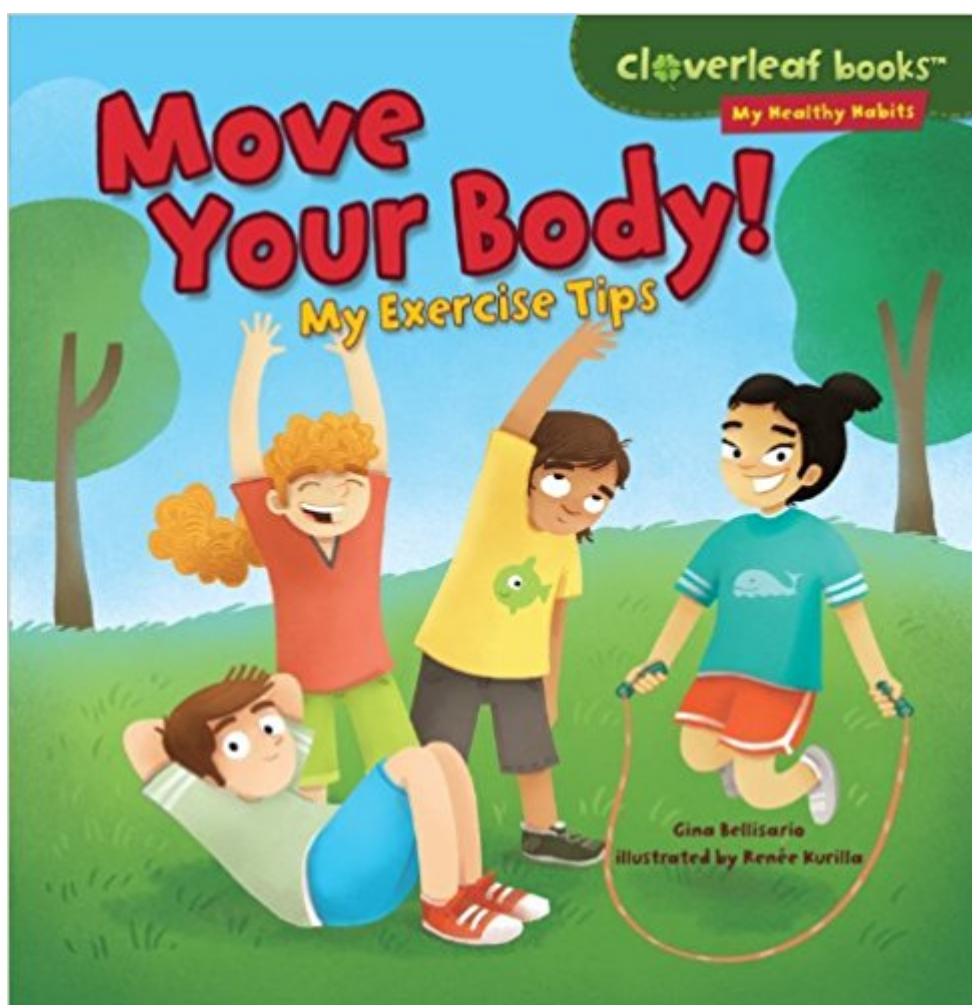


The book was found

# Move Your Body!: My Exercise Tips (Cloverleaf Books - My Healthy Habits)



## Synopsis

It's almost Field Day! But Natalie's team isn't ready for the big race. Their muscles get tired easily. Ms. Starr teaches them about aerobic and anaerobic exercise. They learn some stretching exercises too. Now they're full of energy. Can they win the beach ball relay?

## Book Information

Lexile Measure: 360L (What's this?)

Series: Cloverleaf Books: My Healthy Habits

Paperback: 24 pages

Publisher: Millbrook Pr Trade (April 1, 2014)

Language: English

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Product Dimensions: 0.2 x 9.5 x 9.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #876,883 in Books (See Top 100 in Books) #111 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #180 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 5 - 7 years

Grade Level: Kindergarten - 2

## Customer Reviews

Gina Bellisario is the author of fiction and nonfiction books for young readers (and the grown-ups who read to them). She lives with her husband and their twin young readers in Park Ridge, Illinois.

Ms. Starr blew on her whistle to get everyone's attention. Natalie was her assistant and was "captain of the Beach Ball Relay." Patrick, Audrey, and Luis were all huffing and puffing after chasing a beach ball around for a while. It was going to take a lot of work to get everyone in shape to they could win that race. Ms. Starr held up a "You've Got Muscles" chart and began to talk to the boys and girls about exercise. "Our bodies have muscles," she explained. "We need them to jump, walk, and roll." They would have to all get their muscles working and fast if they were going to be in that relay. The children began to move this way and that and one of them even did a handstand. Ms. Starr began to march as everyone trailed behind her. "Come on, team. Let's move!" They began to

do all kinds of things from jumping rope to twirling a hula-hoop while Ms. Starr talked about three different kinds of exercise. They all learned about aerobic, anaerobic, and stretching exercises. Natalie was climbing and Patrick was doing push-ups. Do you know what kind of exercises they were doing? Everyone was working really hard in preparation for the Beach Ball Relay. Would they win after they did all that exercise? This book is a simple, but effective way for young children to learn about exercise. Children can learn several tips by listening to Natalie as she talks about what Ms. Starr tells the children. It's also very easy to see the many different types of exercises that everyone is doing in order to become fit. For example, when Ms. Starr explains that "Stretching exercises are important too," we see four different ways the children practice flexibility. Newly independent readers will be able to tackle this very basic beginning chapter book with a minimum of assistance save for words such as "anaerobic." In the back of the book is an index, a glossary, an activity (Make a "My Exercise" Chart), and additional recommended book and website resources to explore. There are free downloadable complementary educational resources on the publisher's website.

MY HEALTHY HABITS: Be Aware! My Tips for Personal Safety Choose Good Food! My Eating Tips Keep Calm!: My Stress-Busting Tips Move Your Body!: My Exercise Tips Poison Alert!: My Tips to Avoid Danger Zones at Home Take a Bath!: My Tips for Keeping Clean This book courtesy of the publisher.

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