



I Like to Exercise (Paperback)

By Lisa M Herrington

C. Press/F. Watts Trade, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Exercise is so important to good health and overall wellbeing. Yet most kids spend most of their days sitting in front of screens. Luckily its easy for kids to get moving and this book tells them how. Everything from walking the dog, to hula-hooping, to a quick game of hide-and-seek can get the blood pumping and strengthen our entire bodies.



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