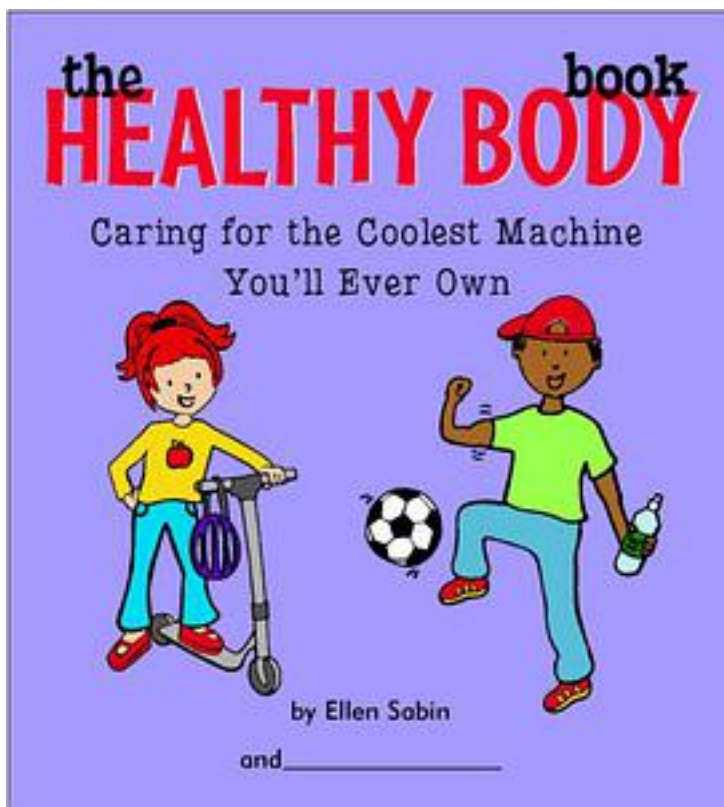


The Healthy Body Book



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The HEALTHY BODY BOOK: Caring for the Coolest Machine You'll Ever Own is a unique and empowering book that engages children in learning about their bodies as it helps them discover their power to care for themselves and make healthy choices. The 62-page book combines colorful illustrations, educational narrative, conversation starters, and fun learning activities to help children deepen their understanding and respect for the human body. Through the book, each child will explore and record their appreciation for the gifts that they get from their amazing body and discover ways that

they can "be a friend" back to their body by taking care of it and keeping it healthy. It empowers healthy choices - like exercise and eating healthy - and sets kids on a path to create healthy habits that will have a positive impact on their health and well-being throughout their lives.

作者介绍:

目录:

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