



The book was found

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

Publisher: Knopf Books for Young Readers; 1 edition (December 23, 2003)

Language: English

ISBN-10: 0679890297

ISBN-13: 978-0679890294

Product Dimensions: 7.1 x 0.3 x 9.1 inches

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

Average Customer Review: 4.1 out of 5 stars 6 customer reviews

Best Sellers Rank: #294,853 in Books (See Top 100 in Books) #45 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #63 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #104 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Grade 5-9-This upbeat book offers girls going through puberty advice on nutrition, fitness, self-image, and appearance. The authors claim that following their Cactus Plan, which is largely based on the food pyramid model, will increase energy and concentration, improve sports ability, reduce stress, and improve one's looks. Readers are encouraged to take charge of their choices, and to recognize marketing gimmicks. The plan offers a balanced diet along with guidelines for physical activity, hydration, and rest. Most adolescents will need a support network of family and friends to make these ideas a reality, but the book offers the inspiration to get started and sufficient information for reference along the way. "You can do it!" is the battle cry. Tina Schwager and Michele Schuerger's *The Right Moves: A Girl's Guide to Getting Fit and Feeling Good* (Free Spirit,

1998) includes more direct information on improving self-image, including journaling activities, as well as more specifics on exercise and fitness, but speaks to the same audience and goal. Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Gr. 5-8. Jukes, now joined by Wai-Yin Cheung, a doctor and registered dietician, continues to enlighten adolescent girls on the physical and emotional aspects of going through puberty with this companion to *Growing Up: It's a Girl Thing: Straight Talk about First Bras, First Periods, and Your Changing Body* (1998). The authors promote their own guidelines in the form of "The Cactus Plan" (think food pyramid), which encompasses food, exercise, and other lifestyle choices. Much of the information--drink six to eight glasses of water per day, eat balanced meals, etc.--kids have heard ad nauseam. But given the alarmingly high rates of eating disorders, girls definitely need to hear some of the straight talk more often: "During puberty in girls, fat tissues increase as part of breast development. Hips and thighs change in size and shape. . . . Expect it. It's normal." A chapter devoted to advertising is also helpful in countering the unrealistic images portrayed in the media. Girls may not always like what they read here, but this kind of information can go a long way in helping them accept and understand the inevitable changes occurring in their bodies. Lauren Peterson Copyright © American Library Association. All rights reserved

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.

Fun way of getting my 11 year old daughter to learn.

Interesting book for young teenagers.

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.

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

No matter what your friends think about you just be your self your friends will like you better

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) A Smart Girl's Guide: Staying Home Alone (Revised): A Girl's Guide to Feeling Safe and Having Fun 90 Days Diet Planner Journal: Healthy & Food Daily Record For Wellness Food Exercise Log Fitness Workout Yoga Diary Blank Notebook Photo Album (Weight Loss Allergies) (Volume 7) "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) A Smart Girl's Guide: Friendship Troubles (Revised): Dealing with fights, being left out & the whole popularity thing (Smart Girl's Guides) Fresh and Healthy DASH Diet Cooking: 101 Delicious Recipes for Lowering Blood Pressure, Losing Weight and Feeling Great The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids! Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Nate the Great Collected Stories: Volume 1: Nate the Great; Nate the Great Goes Undercover; Nate the Great and the Halloween Hunt; Nate the Great and the Monster Mess The Food Service

Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) 30 Day Whole Food Challenge: Essentials Whole Food Recipes to Help You Lose Weight Naturally, Stay Healthy & Feel Great

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)