



# **Biking (Move Your Body: a Kid's Guide to Fitness)**

*Sarah Tieck*

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# Biking (Move Your Body: a Kid's Guide to Fitness)

*Sarah Tieck*

**Biking (Move Your Body: a Kid's Guide to Fitness)** Sarah Tieck

Readers will discover how biking promotes fitness and health in this informative title. Engaging text, full-color photos, and supplemental diagrams introduce them to biking as an aerobic and muscle-strengthening exercise. Readers will become familiar with biking gear, including helmets and gloves, bike safety, and bike maintenance. Warming up, cooling down, and stretching are discussed, as well as nutrition and goal setting. A table of contents, fun facts, a Q&A page, fitness tips, a glossary with phonetic spellings, and an index are included. This book will inspire readers to grab their bikes and move their bodies! Buddy BOOKS is an imprint of ABDO Publishing Company.

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