

The Fun Guide to Exercise for Children: Inspire a Lifetime of Healthy Habits



Exercise is an essential part of a healthy lifestyle for children. It helps them stay fit and strong, and it can also improve their mood, sleep, and cognitive

function. But getting kids to exercise can be a challenge. That's where The Fun Guide to Exercise for Children comes in.

This book is packed with fun and engaging exercises that will get kids moving and having a blast. The exercises are designed for kids of all ages and fitness levels, so everyone can find something they enjoy.



Educise 4 Kids: The Complete Collection (Educise 4 Kids: A Fun Guide to Exercise for Children)

by Priscilla Fauvette

★★★★☆ 4.5 out of 5

Language : English
File size : 12564 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 171 pages
Lending : Enabled



The book is divided into four sections:

****Warm-ups**** ****Cardio**** ****Strength**** ****Cool-downs****

Each section includes a variety of exercises, so kids can mix and match to create their own workouts. The exercises are also illustrated with clear and easy-to-follow instructions, so kids can learn how to do them properly.

In addition to the exercises, the book also includes tips on how to make exercise a fun and regular part of your child's life. You'll learn how to:

* **Set realistic goals** * **Find activities that your child enjoys** * **Make exercise a social activity** * **Reward your child for effort**

With The Fun Guide to Exercise for Children, you can help your child develop a love of exercise that will last a lifetime.

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