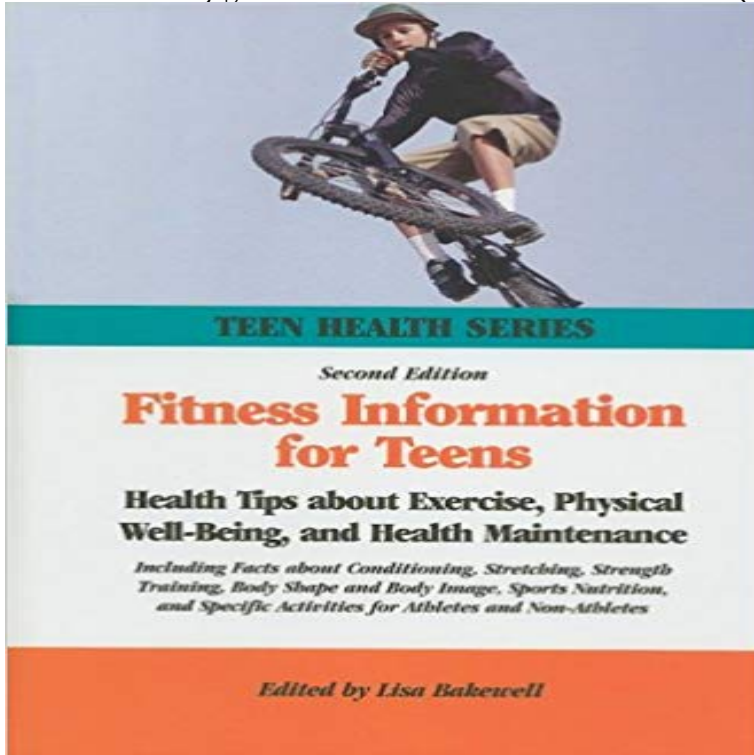


# Fitness Information for Teens: Health Tips About Exercise, Physical Well-being, and Health Maintenance (Teen Health Series)



Provides basic consumer health information for teens on maintaining health through physical activity. Includes index, resource information and recommendations for further reading--Provided by publisher. Title: Fitness Information for Teens Author: Bakewell, Lisa (EDT) Publisher: Omnigraphics Inc Publication Date: 2008/09/30 Number of Pages: 432 Binding Type: HARDCOVER Library of Congress: 2008031334

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