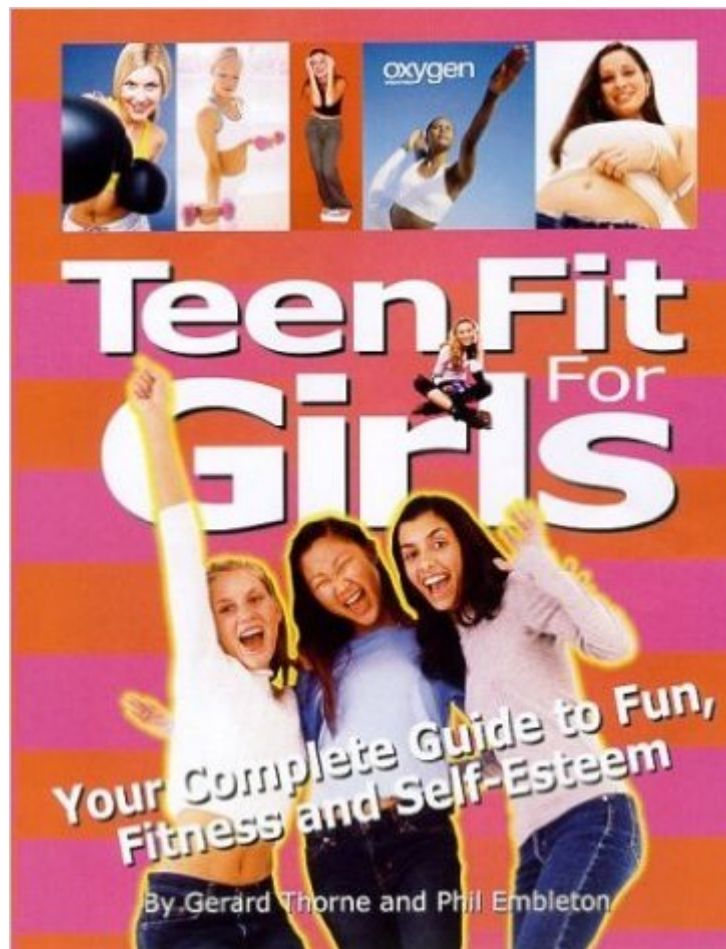


The book was found

# Teen Fit For Girls: Your Complete Guide To Fun, Fitness And Self-Esteem



## Synopsis

Addresses complex issues and helps guide teens through the most exciting time of their lives.

## Book Information

Paperback: 432 pages

Publisher: Robert Kennedy (January 23, 2006)

Language: English

ISBN-10: 1552100294

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Product Dimensions: 8 x 0.9 x 10.1 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,539,871 in Books (See Top 100 in Books) #64 in [Books > Teens >](#)

[Personal Health > Fitness & Exercise](#) #197 in [Books > Health, Fitness & Dieting > Teen Health](#)

#416 in [Books > Teens > Personal Health > Self-Esteem](#)

## Customer Reviews

I bought this book hoping it would help my 10-year old niece understand a bit more about nutrition, exercise, and general self-care. It does have quite a bit of good information about these topics, though often in too much detail for a 10-year old. It would be great for maybe someone 14-18 who already has basic nutrition knowledge, and wants to build on more detail about specifics like what different vitamins and minerals offer to the body, specific exercises to target certain muscles, etc. There's also an entire chapter devoted to vegan nutrition, which seems odd given the relatively small percentage of the population that is vegan - perhaps a page or two and a list of other references would have been sufficient. There is also a LOT of information on creatine, how to use it, etc. which I find is really unnecessary unless you have a teenager who is a serious athlete. I will either save this book for another 4-5 years and give it to my niece then, maybe re-sell it, or just read with her a few paragraphs here and there. I don't want to give her the whole book now since it also contains some sexuality information that I don't agree with - most of it's great, but some of it is too explicit or suggests moral choices that a 10-year old should not be introduced to quite yet.

Great book!

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