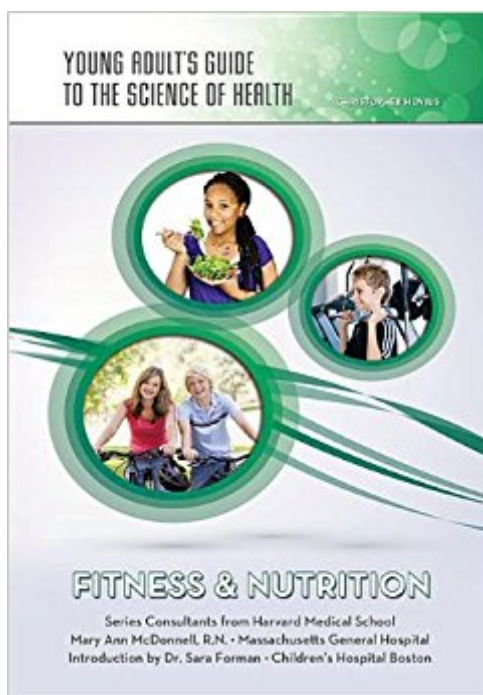


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# Fitness & Nutrition (Young Adult's Guide To The Science Of Health)



## Synopsis

Designed to help young adults cope with the various health choices and questions confronting them as they enter adolescence, this dynamic set of books provides accurate information and helpful resources for young people navigating their transition to adulthood.

## Book Information

Lexile Measure: 1190L (What's this?)

Series: Young Adult's Guide to the Science of Health

Library Binding: 128 pages

Publisher: Mason Crest Publishers (September 1, 2013)

Language: English

ISBN-10: 1422228096

ISBN-13: 978-1422228098

Product Dimensions: 9.3 x 6.5 x 0.6 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #5,073,222 in Books (See Top 100 in Books) #100 in Books > Teens >

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Age Range: 12 - 17 years

Grade Level: 7 - 12

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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)

Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Kickboxing Fitness: A Guide For Fitness Professionals From The

American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty)

Fitness & Nutrition (Young Adult's Guide to the Science of Health) Weight Loss: The Ultimate

Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great!

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