



Ebook Directory
the best source of ebook

The book was found

Teens, Sports, And Exercise (Compact Research: Teen Well-Being)



Synopsis

Health-care professionals say that young people need at least sixty minutes of exercise each day, which many get through sports involvement and exercise programs—but a growing number of teens are inactive, largely because of too much "screen time." Through objective overviews, primary sources, and full-color illustrations this title examines What Are the Benefits of Sports and Exercise for Teens? Is Too Much Emphasis Placed on Teen Sports? What Risks Are Involved for Teens Who Play Sports? and How Serious a Problem Is Drug Use Among Teen Athletes?

Book Information

Series: Compact Research: Teen Well-Being

Hardcover: 96 pages

Publisher: Referencepoint Press (August 1, 2015)

Language: English

ISBN-10: 1601528361

ISBN-13: 978-1601528360

Product Dimensions: 6.8 x 0.2 x 9.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,643,777 in Books (See Top 100 in Books) #90 in Books > Teens >

Personal Health > Fitness & Exercise #642 in Books > Health, Fitness & Dieting > Exercise &

Fitness > For Children #4807 in Books > Teens > Social Issues

[Download to continue reading...](#)

Teens, Sports, and Exercise (Compact Research: Teen Well-Being) Teens and Substance Abuse (Compact Research: Teen Well-Being) Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan Aerobics Program For Total Well-Being: Exercise, Diet , And Emotional Balance The Aerobics Program for Total Well-Being: Exercise, Diet, Emotional Balance Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Alcohol

Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series)
Cookbook For Teens: Teen Cookbook - The Simple and Healthy Teen Cookbook - Easy and Delicious Recipes For Teenagers
How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well)
The Best You Can Be: A Teen's Guide To Fitness And Nutrition (Science of Health Youth and Well Being)
All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments
Catholic Devotional for Women ... Books for Teens Girls
Teen Girls in all Dep
Surviving The Roller Coaster: A Teen's Guide To Coping With Moods (Science of Health Youth and Well Being)
Balancing ACT: A Teen's Guide to Managing Stress (Science of Health: Youth and Well-Being)
Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More
Being A Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Healthy, Identity & More (Turtleback School & Library Binding Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)