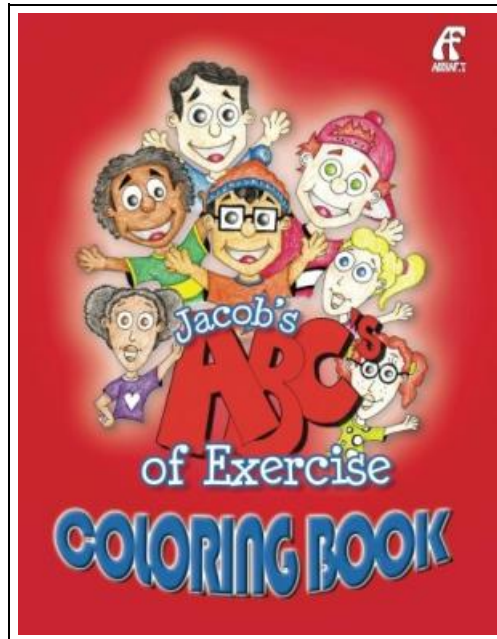


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Bulsby Duncan utilizes a unique style of teaching children different elements of fitness through his book Jacob s ABC s of Exercise. This book introduces healthy activity unifying each letter of the alphabet and exercise, and is intended to reinforce the importance of being active at an early age. Jacob s ABC s of Exercise focuses on the various components of exercise such as: aerobic, abdominal, balance, flexibility, strengthening, and stretching. This book is also geared to assisting in the development of self-esteem, building character, and increasing knowledge of exercise in children to help in the fight against early childhood obesity. Parents and teachers will love how this book allows them to interact with the kids to help them learn ideal ways to be and stay fit. According to the American Dietetic Association (ADA), one in every three children is obese and weight-related diseases are a result of their lack of activity. To join national movement to reduce childhood obesity, Mr. Duncan created Alphafit. Alphafit promotes healthy lifestyles during early childhood development by stressing the importance of being active. Mr. Duncan knows that children are our future and wants to start with ACTIVITY as a way to head them in the right direction. Grab a towel and some water and get ready to exercise with Jacob!!.



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