



## Active Kids (Kid Power)

*Kathryn Smithyman, Bobbie Kalman*

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**Active Kids (Kid Power)** Kathryn Smithyman, Bobbie Kalman

Physical activity positively impacts the bodies, minds and emotions of children. Intended for ages 7-12, this title talks about easy-to-follow activities, along with photographs and illustrations. It details how the cardiovascular system works; the building blocks; warming up and cooling down; safety guidelines; and more.

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