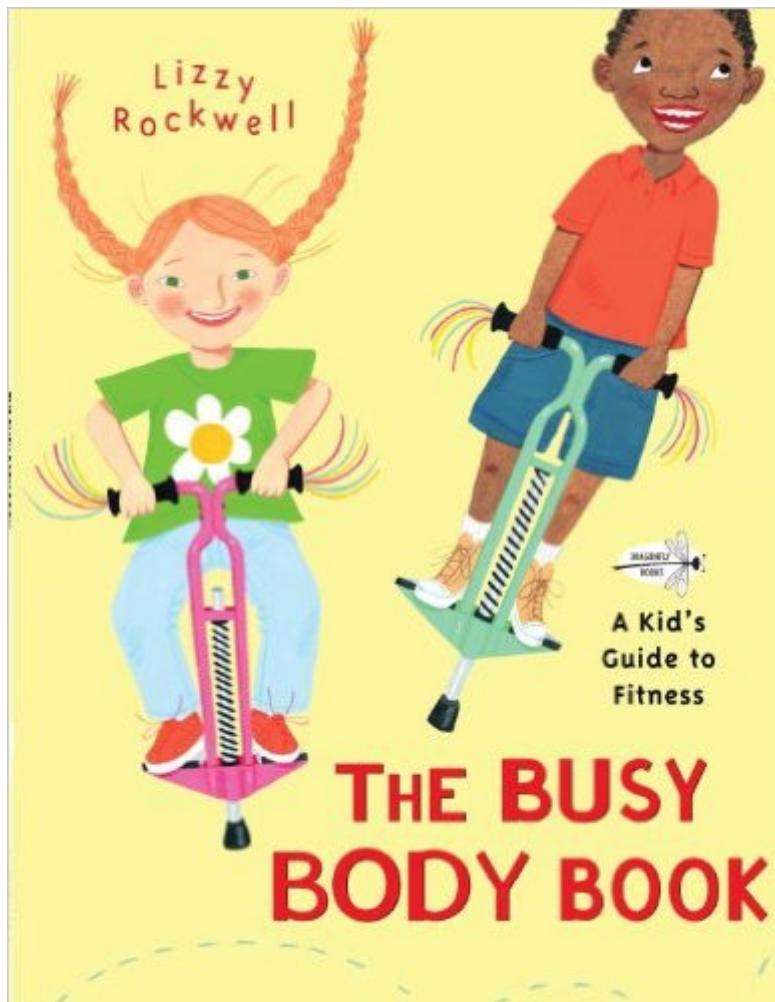


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# The Busy Body Book: A Kid's Guide To Fitness



## **Synopsis**

A celebration of the amazing human machine and a life on the move! Your amazing body can jump, sprint, twist, and twirl. Your body is built to move. Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce aroundâ "and thatâ ™s the ultimate goal. Studies show that American kids are becoming more sedentary and more overweight and that they carry these tendencies with them into adolescence and adulthood. Experts agree that we need to help kids make physical activity a life-long habit. Through education, information, and encouragement, this book aims to inspire a new generation of busy bodies!

## **Book Information**

Lexile Measure: 0680 (What's this?)

Paperback: 40 pages

Publisher: Dragonfly Books; Reprint edition (July 8, 2008)

Language: English

ISBN-10: 0553113747

ISBN-13: 978-0553113747

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #29,636 in Books (See Top 100 in Books) #9 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #10 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #40 inÂ Books > Children's Books > Education & Reference > Science Studies > Anatomy & Physiology

Age Range: 3 - 7 years

Grade Level: Preschool - 2

## **Customer Reviews**

I think the concept of the book and its intent are great. Kids learn from the stuff they see on the screen and in books, so what better way to convey the message of health and what makes our bodies strong. So I have to ask, what in the heck was the author thinking by having the kid sitting on the bench with his headphones on eating a bag of CHIPS on not 1, but 3 pages in the book. Seriously? I was hoping there would be some kind of statement made on how that wasn't a great

choice (and it does later touch on good nutrition) but it never does go back and point out the poor choice. Otherwise this would be a 5 star rating. Still good, but not great.

What a super book. It is kid friendly and makes learning about our bodies fun. The pictures and wording are both age appropriate. My grandsons (ages 3 & 5) are both gaining from the book and love to see what happens to their food. It also has a great message to keep your body moving (that thing called exercise). Kudos to the author!

This is a great book that introduces many different systems in the body while emphasizing that keeping active is so important for your body to work better. Using your muscles makes them stronger instead of wearing them out it tells us. The illustrations are detailed and colorful and the book is fun, overall, with an important underlying message to encourage children to stay busy and healthy.

Filled with lively illustrations of kids of all ethnicities, sizes and abilities happily engaged in physical activity, this book is geared for the pre-school/early elementary school crowd. Rockwell brings the workings of the human body down to a youngster's comprehension and vocabulary level without dumbing down the concepts. For example, when describing how the brain and nervous system work, she writes, "Messages travel back and forth, at lightning speed, along wire-thin fibers called nerves." That truly is it in a nutshell, right?! As a former teacher I also appreciate the inclusion of diagrams throughout the book. Well labeled diagrams of the systems of the body (skeletal, muscular, nervous, respiratory, circulatory and digestive) enhance the main content of the book. The earlier kids get accustomed to reading diagrams, the stronger their reading comprehension skills will be - think about how often we have to read diagrams in our daily lives. The Busy Body Book is a fun resource for teachers to use in their classrooms for units about the body and for lessons about how to read diagrams. Families will enjoy sharing the book before heading outdoors for a physical adventure.

A mixture of good children's level reading coupled with illustrations for kids to see what they can do. However be prepared to explain some human biology diagrams which are not clearly marked. All in all it's a great "starter" book for that budding doctor or physical therapist, Physical Education Instructor or coach/athlete.

This is such a general book and at such a beginning level. I had purchased it for my 2nd grader but it more appropriate for my 4-year-old. It's not a bad book but you probably do not need to actually buy it.

I brought this to my 2nd grader's class and read it to them as a group and it was perfect. Really great for this age group. They ate it up.

This is perfect for children to be introduced to the body and how it works without going over their heads or leaving it so infantile that there is nothing to learn. We used this as a jumping off point in science to talk about eating healthy exercise and how it impacts our entire system. But by itself it still holds their attention and interest... the page that showed food did not have enough greenery nor the rainbow of vegetables that I would have liked to see, but it is a jumping off point. Very happy we invested in this book!

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