



Why Should I Keep Fit?

By Sue Meredith, Adam Larkum

Usborne Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Why Should I Keep Fit?, Sue Meredith, Adam Larkum, This is an informative guide to two of the hottest debates surrounding children today: Junk food and healthy eating. Written in a conversational style, this book offers children an approachable source of information on key subjects such as why keeping fit is good for you, how to choose the appropriate exercise regime and a how to stay healthy in day-to-day life.



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