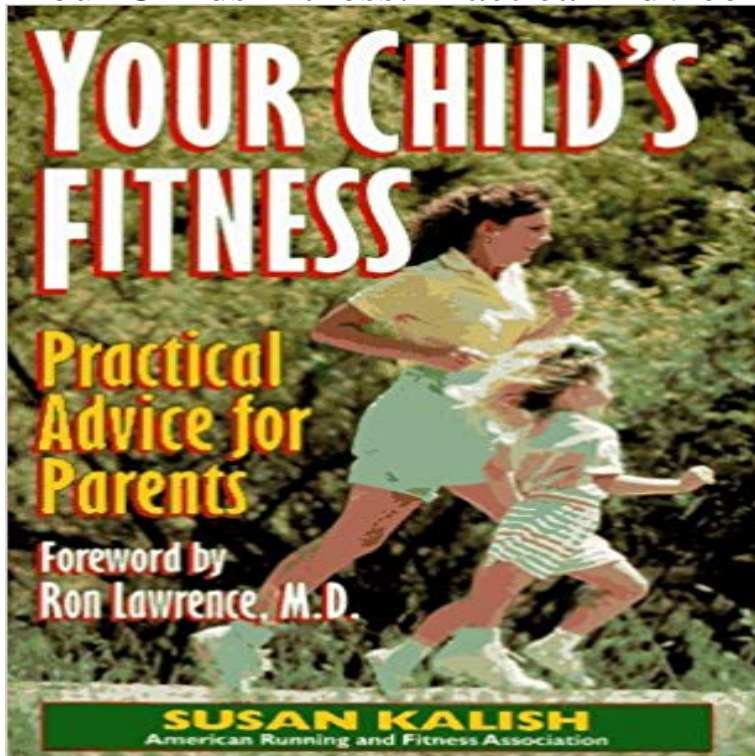


## Your Child's Fitness: Practical Advice for Parents



This guide provides parents with useful information on testing the fitness of their children in terms of endurance, strength, flexibility and body composition. The book offers parents advice on helping their children develop total body fitness; meeting the nutritional needs of their children; becoming an advocate for effective physical education in their children's school; using community programmes and organizations to get their children involved in physical activity, and choosing and working with a doctor to keep their child healthy.

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