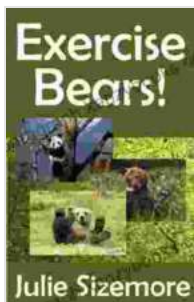


Exercise Bears Nature Kids: A Fun and Engaging Way to Get Kids Moving!



Julie Sizemore's latest book, *Exercise Bears Nature Kids*, is a fun and engaging way to get kids moving!

The book features 10 different animal-themed exercises that are perfect for kids of all ages. From the "Cheetah Crawl" to the "Frog Jump," these exercises will help kids develop their coordination, balance, and strength.



Exercise Bears (Nature Kids) by Julie Sizemore

★★★★★ 5 out of 5

Language : English
File size : 6446 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 13 pages
Lending : Enabled



Best of all, these exercises are all set in nature, so kids can get some fresh air and sunshine while they're getting fit. The book also includes tips for parents on how to make exercise fun and engaging for kids.

Here are just a few of the benefits of Exercise Bears Nature Kids:

* Helps kids develop their coordination, balance, and strength. * Gets kids moving and having fun in nature. * Provides parents with tips on how to make exercise fun and engaging for kids.

If you're looking for a fun and effective way to get your kids moving, Exercise Bears Nature Kids is the perfect book for you.

Free Download your copy today!

Exercise Bears Nature Kids is available now on Our Book Library.com.

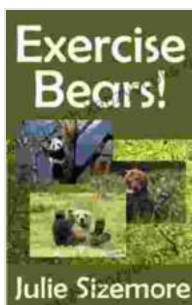
About the Author

Julie Sizemore is a certified personal trainer and group fitness instructor. She has over 10 years of experience working with kids of all ages. Julie is passionate about helping kids get active and healthy. She lives in Asheville, North Carolina with her husband and two children.

Reviews

"Exercise Bears Nature Kids is a great way to get kids moving and having fun. The exercises are fun and engaging, and the book provides parents with tips on how to make exercise fun and engaging for kids." - Our Book Library Customer

"My kids love Exercise Bears Nature Kids! The exercises are fun and challenging, and they love getting to move around in nature. I highly recommend this book to parents who are looking for a fun and effective way to get their kids moving." - Our Book Library Customer



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