



By Paul W.W. Dolan

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All For Fitness, Fitness For All



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All For Fitness, Fitness For All is a rhyming reserve about fitness. The end of the rhyme leads into doing fitness. Designed to be inside classrooms for the educator to have the children recite the fitness rhyme prior to performing their physical activity for the day. This book is a must for each and every Kindergarten through 3rd Quality classroom.



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All For Fitness and AN EXCELLENT Read For All! This is a lovely little children's book to encourages them to get in shape and do it in a fun and engaging manner. I illustrations are fun and kids love it! Love this book Love this book! As a university professor who teaches child development and has spent years learning how technology impacts the world, I simply published a paper showing that kids who use even more technology spend less period exercising (and also have even worse health). This book is a great way to start them young and have them exercising. I highly recommend it. I hope that Paul continues to generate children's books as he's clearly talented at both creating a very important message and illustrating it in a way that will attract his viewers. My 14month aged twins LOVE LOVE LOVE this book My 14month old twins LOVE LOVE LOVE this reserve.! She enjoys all the all the illustrations, great to find they are done by hand vs computer generated photos. I highly recommend this reserve to kids of most ages! A FANTASTIC Book to Get Kids Up and Moving!!!!-Amazing! This reserve encourages fitness in a fun way!! My girl picks it up multiple situations a day and desires us to read it over and over to her. It makes it fun and easy and uses all the tools that grab children's attention including bold shades, rhyming and short communications on each page. Best Kids Reserve Ever!!! Five Stars Great book every child should have one!! Tried it on 4 kids this weekend, one said these were bored, so they all heard the rhyme, then they did the fitness and had been all falling on the couch and bean hand bags saying how tired they were! My six year old son reads this book practices the exercises by the end.!



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