



Ashish Shah • Neesha Merani

Ashish Shah and
Lean Bean & Friends Get Fit



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v. Lean Bean & Close friends is the story of two best buddies, Lean Bean and Lovely Pea, who love being active but lose their ways when they are sidetracked by viewing too much t. Leche comes to the rescue and teaches them about the advantages of fitness through basic and fun interactive exercises. Fortunately, their wise neighbor Dr. and eating junk foods. Lean Bean and Lovely Pea regain their energy and enjoyment being active and healthful.



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It's a fun story, with beautiful and lively illustrations Every family requirements this publication! This books is essential in communicating that. Most of us understand that fitness is essential for kids. It's a great story, with beautiful and lively illustrations. Our children love reading this book around and the message really . Amazing that the author and illustrator were able to achieve a perfect balance between a solid idea, something that's positive for children, AND a fun and entertaining story. Awesome on all amounts! Get this book! The illustrations will place a smile on your own kids' faces and the message might coach father and mother just as much as it can teach little children. We read this reserve to our kids after working across it about a recent trip with this family and it had been fantastic. My nephews love this book Superb! You will not be disappointed. The author has cleverly delivered an important message of health in an inspiring yet basic and catchy way. ... old and 3 year old) plus they both enjoy it and without prompting We've read this lots of times to the youngsters (8 year aged and 3 year outdated) plus they both really enjoy it and without prompting, they simply felt compelled to start out performing the exercises in the reserve. This book differs from the others we have and the only book that gets them active. Five Stars Unique entertainment experience that children actively enjoy and parents can feel great about. It isn't a lecture, the message is obvious.. Very well written with fun illustrations. Our kids were reading and performing the exercises with Lean Bean and Lovely Pea. Our children love reading this book with us and the message actually resonates with them. The story is fun, clean and energetic. A terrific book that is fun and engaging for young children A terrific book that's fun and engaging for young children. Teaches them great lessons about being healthy and exercise. I had the initial pleasure of viewing this book get together from inception to printing with a lot of effort from the illustrator (Neesha) and writer (Ashish). I recommend this reserve for your children and as a gift. It takes an engaging and imaginative approach to a very positive message. My nephews like this book. That is an interactive reserve so get ready for to participate together with your kids - they will love it! Illustrations are cute and colorful. Truly a jewel. Your kids will dig it! This is a great book for kids This is a great book for kids..That is an extremely thoughtful book to help fight the growing obesity rate among kids in this country.I highly commend the authors for writing about this important issue in a fun method for kids. The actions and illustrations maintain them engaged so when an active mother trying to keep my children from being sedentary and watching an excessive amount of TV or playing too many video games, this book really helps to send out that message house in a positive way.



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