



## Smart Start: How Exercise Can Transform Your Child's Life

By Margaret Sasse, Georges McKail

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Smart Start: How Exercise Can Transform Your Child's Life, Margaret Sasse, Georges McKail, Children need exercise, not just to stimulate their bodies but to stimulate their brains as well. The first five years of a child's life are now seen as crucial to later health, well-being and success. Exercise and good diet are especially important in ensuring that the pre-schooler has a healthy start in life, develops a good brain and avoids the problems of obesity. Margaret Sasse has had decades of practical experience in the area of child development, and in training parents and teachers on the importance of healthy food and exercise. Smart Start is a practical guide for parents on how to give their children the best start in life, with down-to-earth advice on diet and exercise to encourage optimum physical and intellectual development. The book is carefully organised to provide a step-by-step programme for each year. Simply written, and attractively presented with dozens of lively illustrations and practical exercises, it will soon become an indispensable tool in raising your child.



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