



Limber Up with Lauryn: Watch Me and Watch the Muscles I Use! (Paperback)

By Mrs Lyndee Marilyn Oscar

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Shermain Philips (illustrator). 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Children are immersed in technology from preschool to the working environment. Keeping active and teaching children to be aware of the impact ordinary activities in their daily lives can have on their body is vitally important to ensuring our children grow up healthy. This is a play and learn book about our muscles. This book encourages children to think about the muscles they use. Keeping active and looking after our muscles when we are young is very important as we need them to last us a long time. Prevention is always better than cure. I am Luke s Spine is the twin book in the series. It is a play and learn book about keeping our bones and spine healthy. I AM LUKE S SPINE ISBN-13: 978-1519268853.



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