



Physical Literacy 12 Steps Pledge Ambassadorship: I Dance for Physical Literacy 12 Steps

By Steven C McCartney

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Physical Literacy 12 Steps Pledge Ambassadorship is the passport that connects a path (the yellow brick road to health and fitness) for readers young and old: Or fit and unfit with 12 proven strategies according to scientific based research and national health and fitness objectives to learn how to workout smarter, stay healthier, reduce health disparities and build a healthier community globally. The rhythmic and metaphor of dance provides the vehicle in which the reader becomes engaged in the environment in which we live. Reading this educational and instructional tool can provide new understanding for young teen readers and adults by introducing 12 various topics on total health and fitness for personal best. In addition this book includes an Ambassador Certificate, Glossary, Total Fitness Chart, and Assessment Quiz. Rather than a get-fit-quick scheme, the Physical Literacy 12-Step Pledge Ambassadorship focuses on a lifetime of healthy behaviors and activities and is geared toward both the fit and the unfit. Whether children encounter the program in school physical education programs, at home, or during an extracurricular activity, they...



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