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Teens, Sports, And Exercise (Compact Research: Teen Well-Being)



Synopsis

Health-care professionals say that young people need at least sixty minutes of exercise each day, which many get through sports involvement and exercise programs—but a growing number of teens are inactive, largely because of too much "screen time." Through objective overviews, primary sources, and full-color illustrations this title examines What Are the Benefits of Sports and Exercise for Teens? Is Too Much Emphasis Placed on Teen Sports? What Risks Are Involved for Teens Who Play Sports? and How Serious a Problem Is Drug Use Among Teen Athletes?

Book Information

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