



The F.I.T. Files: It's Your Move (Paperback)

By Sue Comeau

Susan M Comeau Stender, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Our favorite 13 year-old life coach is back! In this unique, fitness-themed story by exercise physiologist and wellness advocate Sue Comeau, Finn Tilley and his friends make getting active fun: Finn loves all kinds of sports and activities, but his friend, Charlie? Not so much. Finn's helping Charlie find an activity that he'll love, so he'll stick with it. (Hint: It definitely won't be yoga!) Meanwhile, Finn and his friends are going stir crazy in class. The new teacher is super strict. She won't let them move around in class! Finn's pal, Xavier, is especially stressed. Finn knows that Xav's fired up about something besides school. Is it related to what he and his basketball teammates have to do? (Wait til you hear what it is!) Finn's going to find a way to get everyone moving. From the tennis court to the dance studio (with a few runaway bowling balls in between), Finn's all in! (At the end of the book, check out Finn's Notebook, filled with tips and info on physical...

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