



Gimnasia Divertida Para Ninos (Spanish Edition)

Peter Walker

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Gimnasia divertida para niños constituye una guía atractiva, divertida y fácil de usar, que enseña a los padres a desarrollar la fuerza, elasticidad y flexibilidad de su hijo durante los años más decisivos para su crecimiento. Esta amplia gama de ejercicios y juegos entretenidos al tiempo que terapéuticos contribuye a potenciar la salud y la felicidad del pequeño, y a fomentar la confianza entre éste y sus padres. El libro, profusamente ilustrado con fotografías a todo color, paso a paso, está dividido en varios capítulos que se centran en distintas zonas del cuerpo: Columna vertebral, tórax y hombros, Movilidad de las caderas y las piernas, Flexibilidad de la cabeza y el cuello, Flexiones de espalda y equilibrio y Ejercicios de juego de rol. No obstante, su verdadero objetivo consiste en entretener, y en asegurar que el tiempo que los padres pasen con sus hijos, fomentando el vínculo entre ambos, será inolvidable.

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