



Color Me Fit: You Can Do It (Paperback)

By North American Fitness and Health with Nicholas North

Sunbelt Publications, 2017. Paperback. Condition: New. Language: English . Brand New Book. Fitness can be fun—just like coloring a book or playing Follow the Leader! Join the Fantabulous Fit Zoo Crew to achieve new levels of fitness by coloring each exercise step and then copying each Zoo Crew member's stance and movement. Make it a family event and have everyone join in. Learn all the fun exercises and repeat them regularly, and you can look forward to a life of fitness and health! Go for it because you can do it!



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