



Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life

Bethany Hamilton

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Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelled and she's done it while overcoming incredible challenges. Whether you know Bethany or not, whether you surf or not, everyone has challenges, and in Body & Soul, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, Body & Soul helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethany's personal trainer, recipes and information on healthy eating based on Bethany's food pyramid, which follows the Mediterranean diet, and advice on deepening your spiritual health, for a total body wellness book perfect for growing girls. This isn't a book about Bethany, this is a book about wellness, becoming your best you, through physical and spiritual balance, because spiritual health is just as important as physical health.

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