

Wist jij ...

.... dat 40% van je lichaam uit spieren bestaat?

... dat je hart eigenlijk één grote spier is?

... dat je lichaam meer dan 600 spieren bevat?

Dit eerste deel van de fantastische nieuwe serie ***Zo werkt je lichaam*** vertelt je alles over spieren. Zonder spieren zou je lichaam niet werken - je zou niet kunnen opstaan, lopen, lachen of iets doorslikken. Dit boek legt op een uiterst begrijpelijke manier uit hoe het spierstelsel je in staat stelt je te bewegen. Het vertelt ook hoe je voor je spieren kunt zorgen: wat je moet eten om ze gezond te houden en met welke bewegingsoefeningen je ze fit en veerkrachtig houdt.



De Spieren Zo Werkt Je Lichaam

J Elliott



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