

FITNESS IS FUN!

All titles are not available at every library. Please check the online catalog for availability. Any of the following titles can be requested and delivered to your Sarasota County community library.

<u>SHELF LOCATION</u>	<u>AUTHOR AND TITLE</u>
J PIC CAR	Carle, Eric. <u>From Head to Toe</u> . Encourages the reader to exercise by following the movements of various animals, 1997. Grades PreK-1.
J PIC ZIE	Ziefert, Harriet. <u>Murphy Meets the Treadmill</u> . Cheryl is determined to teach her old (and overweight) dog some new tricks. When jogging fails to remove the excess pounds, Murphy is introduced to his new treadmill, 2001. Grades PreK-2.
J BEG READ RAB	Rabe, Tish. <u>Oh the Things You Can Do That are Good For You: All About Staying Healthy</u> (Cat in the Hat Learning Library), 2001. Grades PreK-3.
J 612 ROC	Rockwell, Lizzy. <u>The Busy Body Book: A Kid's Guide to Fitness</u> . An action-packed guide to fitness that gets kids to move their bodies in ways to promote health and fitness, 2004. Grades PreK-1.
J 613.04243 JUK	Jukes, Mavis. <u>Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great</u> . A guide for adolescent girls on how to stay healthy and fit, with information on nutrition and exercise, 2003. Grades 5-9.
J 613.283 SUG	Andrews, Samuel S. <u>Sugar Busters! For Kids</u> . Program shows how to eliminate sugar and high carb foods from a child's daily menu plus some great recipes to tempt young palates, 2001. For parents.
J 613.7 GRA	Gray, Shirley. <u>Exercising for Good Health</u> (Living Well Series). Introduction to physical fitness for children with tips on nutrition and the benefits of an exercise program, 2003. Grades 2-4.
J 613.7 SIL	Silverstein, Alvin. <u>Physical Fitness</u> . Discusses the importance of physical fitness, different types of

exercise, eating right, and getting enough sleep, 2002. Grades 2-5.

J 613.7042 FRO Frost, Simon. Fitness for Young People. Photos and text teach readers fitness, strength and endurance, and flexibility training, as well as covering nutrition, safety precautions, and techniques, 2003. Grades 4-8.

J 613.7042 SCH Schwarzenegger, Arnold. Arnold's Fitness for Kids. A comprehensive guide by the celebrity and former chairman of the President's Council on Physical Fitness and Sports, 1994. Grades K-6.

J 613.7046 BRU Brunhoff, Laurent de. Babar's Yoga for Elephants. Babar shows children the basic yoga techniques and instructions, and then tells kids how he and Celeste use them to relax while traveling, 2002. Grades PreK-2.

J 613.7046 SCH Schwartz, Ellen. I Love Yoga: A Guide for Kids and Teens. Discover the benefits of yoga. Learn how to control mood swings and concentrate better in school, 2003. Grades 5-up.

J 613.7046 STE Stewart, Mary. Yoga for Children. Simple exercises and games for parents and children to do together that promote flexibility, coordination and relaxation, 1992. Also available on video, 1998. Grades 4-7.

J 613.71 ROY Get Some Exercise (Look After Yourself Series). Information about your body, muscles and a healthy heart. Includes information about activities that you can do to increase your physical activity, 2003. Grades 1-3.

AVAILABLE ON DVD

613.7042 LIT Little Kicks: Fitness Workout for Kids, 2003. One of a series of exercise videos for younger children. Grades K-3.

649.122 PLA Playtime For You and Me Age appropriate interactive play programs for assisting baby's milestone development. Focuses on the development

of motor skills, strength, balance, movement and coordination, 2002. 0-15 months.