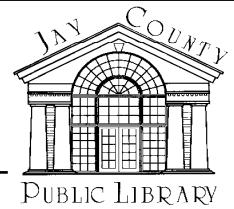


KIDSHEET

January 2016



JANUARY IS STAYING HEALTHY MONTH

Look to these library items to help you get fit and eat right this month and for the rest of your life!

FITNESS Books:

Non-fiction (E or J613.7)

Cool exercise : healthy & fun ways to get your body moving

by Colleen Dolphin

Exercise is Fun! by Tamara Green

I love yoga by Mary Kaye Chryssicas

The Incredible Hulk Book of Strength

by James Buckley

"Super Simple" series by Nancy Tuminelly

Early Books (E)

Good night yoga : a pose-by-pose bedtime story
by Mariam Gates

Little yoga : a toddler's first book of yoga
by Rebecca Whitford

My Daddy is a Pretzel

by Baron Baptiste

NUTRITION Books:

Non-fiction (E or J613.2)

Cool eating : healthy & fun ways to eat right

by Alex Kuskowski

Food and energy : striking a healthy balance

by Kristin Petrie

Why can't I have cake for dinner? by Jodi Huelin

Early Books (E)

No Cookies? by Sarah Albee

Showdown at the Food Pyramid by Rex Barron

The Vegetable Show by Laurene Krasny Brown



FITNESS Website

Try this site for some healthy activities, including the following areas of interest:

- ✎ Dealing with Feelings
- ✎ Staying Healthy
- ✎ Recipes
- ✎ Everyday Illnesses and Injuries
- ✎ My Body
- ✎ Growing Up
- ✎ Kids' Talk
- ✎ People, Places, Things that Help You
- ✎ Watch Out
- ✎ Game Closet
- ✎ Kids' Health Problems
- ✎ WORD! A glossary of Medical Words
- ✎ Health Problems of Grown-ups

...and it even offers the options en Español.

Cool graphics and interesting tidbits complete the site.

ACTIVITY CALENDAR

Pick up a "Fitness and Wellness Activity Calendar" for children on or after January 8th. Encourage children to complete the activities. Besides getting some much-needed exercise or learning to eat a healthier meal, prizes can be earned! Look for the calendars and complete rules in January. It's a win-win for everyone!