

# HIP TO BE FIT<sup>®</sup>

## RESOURCE GUIDE



1140 Alto Street  
Santa Fe, NM 87501  
(505) 983-7646  
[www.ndi-nm.org](http://www.ndi-nm.org)

NATIONAL DANCE INSTITUTE OF NEW MEXICO

Compiled by Barbara Kastner

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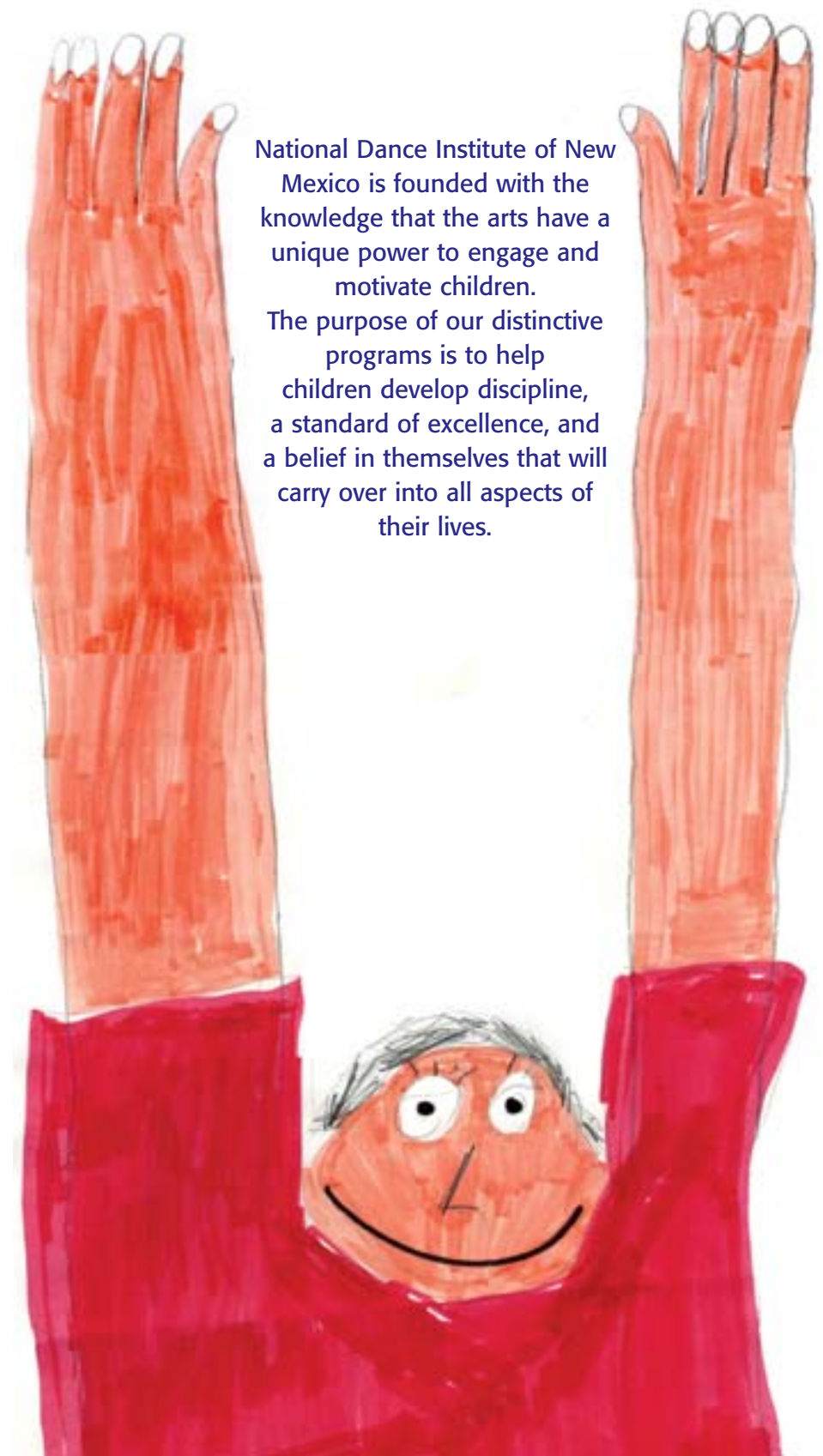
Designed by Paula Eastwood

Logo illustration by Ethan Long

Artwork by children from the National Dance Institute of New Mexico

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National Dance Institute of New Mexico is founded with the knowledge that the arts have a unique power to engage and motivate children. The purpose of our distinctive programs is to help children develop discipline, a standard of excellence, and a belief in themselves that will carry over into all aspects of their lives.



In an effort to address the growing epidemic of childhood obesity and the increase in diet-related diseases among young children, The National Dance Institute of New Mexico (NDI-NM) has developed the *HIP to Be Fit*<sup>®</sup> project. The NDI-NM *HIP to Be Fit*<sup>®</sup> project is funded by the U.S. Department of Education's Carol M. White Physical Education Program and the New Mexico Department of Health.

Included in this Resource Guide are Websites and books with information about nutrition, fitness, and maintaining a healthy lifestyle. These Websites contain a wealth of information and, for the most part, are easy to navigate. Look for those that have free materials you can download or send for. Many contain links to even more sites!

Use the key at the right to find the resources you need. It is organized into five categories: information for children; for educators; and for parents; interactive Websites; and Websites that offer free resources.

## KEY

- C** Children
- CI** Interactive for Children
- E** Educators
- P** Parents
- F** Free Materials



# Websites



## 4kids.org **C CI**

<http://www.4kids.org/>

This Website has tons of stuff on all topics including fitness and nutrition. You'll find a huge list of Websites on health of all kinds.

## Action for Healthy Kids **PE**

<http://www.actionforhealthykids.org>

Action for Healthy Kids (AFHK) is a nation-wide initiative with state-wide chapters dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools.

## Alliance for a Healthier Generation **PE**

<http://www.healthiergeneration.org/>

The American Heart Association and the William J. Clinton Foundation joined forces in May of 2005 to create a healthier generation by addressing one of the nation's leading public health threats -- childhood obesity. The Alliance works to positively affect the places that can make a difference to a child's health: homes, schools, restaurants, doctor's offices and communities.

## America on the Move **C PE**

<http://www.americaonthemove.org>

This site provides simple ways to become more active and eat more healthfully to achieve and maintain a healthy weight. Sign up to track how many steps you take each day.

## American Academy of Pediatrics **PE**

<http://www.aap.org>

Here you'll find information and publications to promote the health, safety and well-being of infants, children, adolescents and young adults.

## American Diabetes Association® **C CI PE**

<http://www.diabetes.org>

Provides information to the public on diabetes and related topics, including nutrition, exercise and treatment. The Association also offers patient referrals. Operators and information are available in Spanish.

## American Dietetic Association **PE F**

<http://www.eatright.org>

The ADA serves the public through the promotion of optimal nutrition, health and well-being. Download free brochures.

## American Heart Association **C CI PE**

<http://www.americanheart.org>

Distributes publications on diet, nutrition, weight reduction, and exercise to the public. Curriculum materials that address heart healthy eating are also available at this site.

Click on Children's Health for information for kids and parents and links to program information for school-based physical activity programs. Information is available in Spanish.

## American Obesity Association **PE**

<http://www.obesity.org>

The American Obesity Association (AOA) website provides information on education, research, prevention, treatment, and community action.

## California Children's 5 a Day - Power Play! Campaign **PE**

<http://www.cdph.ca.gov/programs/cpns/Pages/ChildrensPowerPlayCampaign.aspx>

Children's 5 a Day - Power Play! Campaign uses a multi-channel, community-based approach to encourage 9-11 year old children and their families to eat at least 5 servings of fruits and vegetables every day as part of a low fat, high-fiber diet and a physically active lifestyle.

## Center for Nutrition Policy & Promotion **C CI PE**

<http://www.usda.gov/cnpp>

CNPP provides information about nutrition and food selection, including The Dietary Guidelines for Americans and MyPyramid.

## The Center for Health and Health Care in Schools **PE**

<http://www.healthinschools.org/>

Recent studies have focused public attention on the epidemic in childhood overweight in the United States. A consensus has emerged that childhood obesity threatens the health status of children now and in the future. This Website provides basic information on the problem, prevention strategies and related issues.

## Center for Science in the Public Interest **C PE**

<http://www.cspinet.org>

This website provides information on nutrition, health and food safety. A Nutrition Action newsletter, which includes up-to-date relevant food and nutrition information for consumers, can be

accessed at this site. Check out <http://www.cspinet.org/smartmouth> for fun nutrition information.

## Centers for Disease Control & Prevention **C PE**

<http://www.cdc.gov>

<http://www.cdc.gov/healthyyouth/>

This website has numerous resources for educators, parents, and children on a variety of health topics.

*Of Special Interest on This Site:*

BAM! Body & Mind **C CI PE**

<http://www.bam.gov>

BAM! offers an interactive site for children and adolescents to motivate them to be more physically active. Includes a physical activity plan, activity cards, and articles about overcoming physical challenges.

*Of Special Interest on This Site:*

Division of Nutrition and Physical Activity (DNPA) **PE**

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

This site contains information for consumers about the importance of physical activity and how to make it part of daily life. Also contains health professional resources.





**College Of Natural Resources,  
School of Public Health, UC Berkeley** **PE**  
[http://www.cnr.berkeley.edu/cwh/resources/progs\\_projs\\_nutrfs.shtml](http://www.cnr.berkeley.edu/cwh/resources/progs_projs_nutrfs.shtml)

This site lists numerous links to websites and organizations focusing on nutrition and food security.

**Cooking with Kids™** **PE**  
<http://www.cookingwithkids.net>

Cooking with Kids™ is an integrative food and cooking program that provides cultural awareness, community involvement, partnership, and hands-on, enjoyable learning experiences. Materials in Spanish and English may be purchased and some lessons are available as free downloads.

**Cool Food Planet** **CCPE**  
[www.coolfoodplanet.org/gb/kidz/](http://www.coolfoodplanet.org/gb/kidz/)

You'll learn why eating breakfast each morning keeps your Brain Fit, and you can discover which snacks are the best when you're eating out. Find the answer to the question "What's a Food Label?" and learn about what is really in fast food. You may want to gaze through the 10 Tips for Kidz.

**Crabtree Publishing** **CPEF**  
<http://www.crabtreebooks.com>

Crabtree Books® is a publisher of children's non-fiction books. They provide a variety of books for educators and children.

**Cyberparent** **P**  
<http://www.cyberparent.com/nutrition/> (main site)  
<http://www.cyberparent.com/nutrition/vegetables-meatseggsdairy.htm>

This site helps parents gain good nutritive knowledge. Solid, easy to follow advice, meal planning, and recipes.

**Dole 5 A Day®** **CCPEF**  
<http://www.dole5aday.com>

This site provides information for teachers, school food service professionals, parents, and children. The site has many fun activities for kids and adults, all designed to motivate people to eat more fruits and vegetables and be more physically active. Provides free downloadable information.

**empowerMe** **CCIF**  
<http://www.empowerme2be.org>

empowerMe inspires kids to eat healthier and move more, to motivate each other, and to be a solution to America's obesity epidemic.

**Fitness Jumpsite** **CPE**  
[www.primusweb.com/fitnesspartner/](http://www.primusweb.com/fitnesspartner/)

Fitness Jumpsite is your connection to a lifestyle of fitness, nutrition and health. You'll find great tips about managing your weight, using exercise equipment and staying active. Use the Activity Calorie Calculator and build up your health with a nutritious eating plan.

**Food and Nutrition Service, USDA** **PEF**  
<http://www.fns.usda.gov/tn/>

This site provides nutrition education messages for parents, teachers and children. Free English and Spanish handouts are available.

*Of Special Interest on This Site:*  
**Eat Smart, Play Hard®** **CPE**

<http://www.fns.usda.gov/eatsmartplayhard/>  
This is the site for USDA's "Eat Smart, Play Hard" campaign, a national campaign designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity.

*Of Special Interest on This Site:*  
**Food and Nutrition Information Center** **PEF**  
[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

This site provides nutrition education materials, audiotapes, videotapes, books and curricula for loan, and links to lots of resources.

**Food for Fitness and Fun** **CPEF**  
[www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/)

This site contains easy to prepare recipes, fun activities, snack ideas, and healthy tips for children and families. Information available in Spanish.

**The Food Trust** **PE**  
<http://www.thefoodtrust.org/>

Based in Philadelphia, The Food Trust focuses on educating the public about nutrition and community farm markets.

**GirlsHealth.gov** **CCPEF**  
[www.girlshealth.gov](http://www.girlshealth.gov)

GirlsHealth.gov contains information for girls (ages 10-16) about the benefits of physical activity and provides tools for developing an exercise plan.

**HealthierUS.Gov** **CPEF**  
<http://www.healthierus.gov>

Credible and accurate information regarding physi-

cal fitness, nutrition, preventive screening, making healthy choices and linked resources is provided here.

**Healthy Hopping** **CCPE**  
<http://www.urbanext.uiuc.edu/hopping/index.html>

Locate ideas to use in a limited space or with limited resources at Healthy Hopping for great jump rope activities, rhymes, games and even snacks. The site is part of the Urban Resource Network at the University of Illinois.

**Healthy Kids Challenge** **CCPE**  
<http://www.healthykidschallenge.com/>

Partnering with CIGNA, Healthy Kids Challenge has "ready to go" activity sheets for staff, parents and kids on a variety of topics. These can be accessed from the HKC web site home page, click in the lower section of the CIGNA-HKC Programs.

**Healthy People 2010** **PEF**  
<http://www.healthypeople.gov>

Healthy People 2010's site provides information on the development of programs that improve health. This site is a valuable resource for individuals, states, communities, and professional organizations.





**International Food Information Council Foundation**

**PEF**

<http://ific.org>

This site has information on food safety, food ingredients, and nutrition for health professionals and the public. Single copies of many publications are available free of charge. Also in Spanish.

**Keepkidshealthy.com**

**P**

<http://www.keepkidshealthy.com/nutrition/>

Pediatrician's guide to children's health and safety with a special emphasis on better health through preventative care. Lots of resources for parents.

**Kidnetic®**

**CCIFE**

<http://kidnetic.com>

This fun and interactive site promotes healthy eating and active living for kids aged 9-12 and their families. This site is also a resource for health professionals and educators to use when working with patients and students. Information in Spanish.

**Kids Health**

**CCIFE**

<http://www.kidshealth.org>

KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has separate areas for kids, teens, parents and teachers. There are literally thousands of in-depth features, articles, animations, games, and resources - all original and all developed by experts in the health of children and teens. Also in Spanish.

**Kids Running**

**CCIFE**

[www.kidsrunning.com](http://www.kidsrunning.com)

This is a fun Website devoted to promoting the sport of running for kids so that they can enjoy the benefits of a fit and healthy lifestyle both at school and home.

**Kids Nutrition**

**PEF**

<http://www.kidsnutrition.org/>

This site is offered by the Children's Nutrition Research Center and provides research information on the role of maternal, infant, and child nutrition in optimal health, development and growth.

**La Cocina Saludable**

**PE**

<http://www.colostate.edu/Depts/CoopExt/Adams/nep/cocina.htm>

La Cocina Saludable is an English/Spanish nutrition program designed to teach nutrition to diverse and limited-resource audiences. Learn how to prepare safe and nutritious meals, save money at the grocery store, feed children, and much more. An evaluation of this bilingual, culturally appropriate, intergenerational approach found it to be successful in improving the nutrition-related knowledge and food shopping and cooking behaviors of the participating mothers of preschool children.

**MedlinePlus: Exercise for children**

**CPE**

<http://www.nlm.nih.gov/medlineplus/exercise-forchildren.html>



MedlinePlus contains a selective list of authoritative health information sources about physical activity in children and adolescents. Includes links to Websites, articles, statistics, and other resources on the topic. Also in Spanish.

**MrDonn.org**

**CEF**

<http://lessonplans.mrdonn.org/health.html>

This Website is created and maintained by two teachers. Here you'll find lots and lots of information on all subjects including health and fitness!! Free stuff for teachers and students.

**MyPyramid**

**CCIFE**

<http://www.mypyramid.gov/>

USDA's MyPyramid is a new interactive food guidance system based on the 2005 Dietary Guidelines for Americans. It will make you aware of the vital health benefits of simple and modest improvements in nutrition, physical activity and lifestyle behavior.

**National Center for Health Statistics**

**PE**

<http://www.cdc.gov/nchs>

National Center for Health Statistics has many free publications and electronic data products. Specific statistical data collected by the Centers for Disease Control and Prevention is available.

*Of Special Interest on This Site:*

Making it Happen: School

Nutrition Success Stories

<http://www.cdc.gov/HealthyYouth/nutrition/>

Making-It-Happen/

**National Center on Physical Activity and Disability (NCPAD)**

**CPE**

<http://www.ncpad.org>

NCPAD's Website contains information and resources about physical activity for people with special health care needs.

**National Dairy Council**

**PE**

<http://www.nationaldairycouncil.org/NationalDairyCouncil/>

Information, recipes, lesson plans about why dairy is good for kids.

**National Institutes of Health**

**PEF**

<http://www.nih.gov>

This Website offers physical activity resources for families and professionals. NIH supports several programs aimed at increasing physical activity levels that include *We Can!* and JumpSTART.

***We Can!***

**PEF**

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

*We Can!* (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Resources and free materials.



# Books for Children

## Nutrition

*200 Kid-Tested Ways to Lower the Fat in Your Child's Favorite Foods*, Elaine Moquette-Magee, Chronimed Publishing 1994. This book has lower-fat versions of "classic" recipes--ones kids like. These alternative versions are actually workable and tasty!

*A Handful of Seeds*, Monica Hughes, Illustrations Luis Garay, Orchard Books, 1996. An orphan teaches other children how to plant a garden to survive. For ages 5-8.

The "A Taste of..." series combines information on history, folklore, and agriculture in these concise, food-centered books. Grades 3-7.

*A Taste of China*, Roz Denny, New York: Thompson Learning, 1994.

*A Taste of Italy*, Jenny Ridgwell, New York: Thompson Learning, 1994.

*A Taste Of Mexico*, Linda Illsley, New York: Thompson Learning, 1994.

*A Taste of Spain*, Bob Goodwin and Candice Perez, New York: Thomson Learning, 1995.

*Carlos and the Cornfield*, Jan Romero Stevens, Illustrations Jeanne Arnold, Rising Moon Northland Publishing, 1995.

*Carlos and the Squash Plant*, Jan Romero Stevens, Illustrations Jeanne Arnold, Rising Moon Northland Publishing, 1993. This is a series of two books that provide a description of Northern New Mexico culture and food.

*Chato's Kitchen*, Gary Soto, Illustrations Susan Guevara, 1995. Provides a funny tale with Northern New Mexico flare.

*Chile Fever; A Celebration of Peppers*, Elizabeth King, Dutton Children's Books, New York 1995. This book is specific to the Southwest.

*Cooking for Your Vegetarian Kids*, Roz Denny, Anness Publishing Incorporated, 2000.

This cookbook contains tasty, healthy food your children will enjoy. Pictures and ingredient lists can make it easy for even small children to help.



Neat Solutions for Healthy Children, Inc. **C P E**  
<http://www.neatsolutions.com/index.html>

Neat Solutions provides nutrition and health education resources to purchase for children. Some items available include children's books, toys, games, cookbooks, and food models.

New Mexico Media Literacy Project **E F**  
[www.nmmlp.org](http://www.nmmlp.org)

This organization promotes media literacy through teacher training, educational materials, multi-media presentations and activist work. Also in Spanish.

Nutrition Explorations® **C C I P E F**  
<http://www.nutritionexplorations.org>

Highly interactive, this site provides resources for educators, parents, and school foodservice to teach and learn nutrition. Free lesson plans can be downloaded from this site. It also has a great kids site with lots of games, activities, and information.

Open the Door to a Healthy Heart **C C I P E**  
<http://www.healthyfridge.org/>

Open the Door to a Healthy Heart is a national consumer awareness campaign about heart-healthy eating. How can you reduce your risk of heart disease, the No. 1 cause of death in the world? It's all about starting simple, by taking a look inside your refrigerator.

PE Central **C C I P E F**  
<http://www.pecentral.org>

PE Central provides lesson and assessment ideas and instructional resources for health and physical education teachers and parents to help children and adolescents become more physically active.

Plastic Fork Diaries **C C I**  
[www.plasticforkdiaries.org](http://www.plasticforkdiaries.org)

Go to this Website to follow six middle school students as they experience first-hand the relationship between food and their changing bodies, cultural differences, the vanishing family meal, nutrition, and athletic performance.

President's Challenge **C P E**  
<http://www.presidentschallenge.org/>

Encourage everyone to make being active a part of their everyday lives, no matter what your activity and fitness level! The President's Challenge can help motivate teachers and their students by earning Presidential awards for daily physical activity and fitness efforts.

President's Council on Physical Fitness and Sports® **C P E**  
<http://www.fitness.gov>

This organization works to promote the development of physical fitness, facilities, and programs. Offers a variety of testing, recognition, and incentive programs.

Team Nutrition **P E**  
<http://teammnutrition.usda.gov/>

Print lunchroom activities, grant sources and success stories from Team Nutrition with the MyPyramid for kids and a blank MyPyramid coloring page.

Washington State Dairy Council **C P E F**  
[www.eatsmart.org](http://www.eatsmart.org)

Games for school-age children, free resources, and on-line catalog.

Weight-control Information Network **P E**  
<http://win.niddk.nih.gov/>

WIN provides information about weight control, obesity, and related topics for health professionals and the public. Develops, identifies, and distributes educational materials.





*Cooking the Spanish Way*, Rebecca Christian, Minneapolis: Lerner Publications Co. 2002. This book will pique the interest of curious young chefs and the adults who assist them in creating the delectable recipes. Grades 5-8.

*CORN IS MAIZE, The Gift of the Indians*, Aliko, New York: Harper Collins, 1976. In her own magical way, Aliko tells the story of corn.

*El Gusto Del Mercado Mexicano/A Taste of the Mexican Market*, Nancy Maria Grande Tabor, Watertown, MA: Charlesbridge Publishing, 1996. Colorful cut-paper art sets the scene for a creative way to build new vocabulary for beginning readers of Spanish or English.

*Everybody Cooks Rice*, Norah Dooley, Minneapolis: Carolrhoda, 1996. A girl travels from one house to another, looking for her brother at dinnertime. Each family invites her in for a taste of what they are cooking; thus, she samples the ethnic diversity of her neighborhood. Ages 5-8.

*Food: Feasts, Cooks and Kitchens (Timelines)*, Richard Tames, Franklin Watts, New York 1994. Provides a history of foods, great photos, and timelines.

*Food: It's Evolution through the Ages*, Piero Ventura, Houghton Mifflin Company Boston 1994. Provides a history of foods, great photos, and timelines.

*Four Seasons of Corn*, Sally M. Hunter, Lerner Publications Company, 1997. Highlights of the daily life of a middle-schooler of mixed heritage who participates in some of the traditional activities of his grandfather's Winnebago people even as he's living in a large city. Grades 3-6.

*Healthy Snacks for Kids*, Penny Warner, Bristol Publishing Enterprises, Incorporated, 1999. The recipe titles in this book are almost as yummy as the recipes themselves. Healthy Snacks for Kids provides new pizzazz to lunch and snack time. Warner has great ideas for smuggling nutrition into old favorites.

*How Groundhog's Garden Grew*, Lynne Cherry, New York: Scholastic, 2003. An exuberant celebration of friendship, sharing, and the wonders of the natural world, this book introduces children to the cycle of an entire gardening year.

*How to Make An Apple Pie and See The World*, Marjorie Priceman, New York: Random House Books for Young Readers, 1996. The offbeat nostalgia of the energetic watercolors in this tale of a round-the-world grocery trip make it perfect for ages 4-8.

*Moon Cakes to Maize*, Norma J. Livo, Golden: Fulcrum Resources, 1999. Using food as a connecting thread, Livo has collected and edited legends, fables, rhymes, and traditional folktales from cultures worldwide.

*One Grain of Rice (A Mathematical Folktale)*, Demi, New York: Scholastic Press, 1997. A resourceful village girl outsmarts a greedy raja, turning a reward of one grain of rice into a feast for a hungry nation. Delicate paintings emblazoned with touches of gold give this Indian folktale an exotic air. Ages 4-8.

*Pasta Factory*, Hano Machotka, Boston: Houghton Mifflin, 1992. A trip through the Tutta Pasta Factory in New York shows a group of students how this popular food is made. Ages 4-8.

*People of Corn: A Mayan Story*, Mary-Joan Gerson, Little Brown, 1995. Gerson weaves a rich tapestry as she tells the Mayan creation story. Complemented by wonderful gouache paintings. Ages 6-9.

*Strega Nona*, Tomie DePaola, New York: Aladdin Paperbacks, 1975. De Paola's illustrations aptly capture the whimsy of this ancient tale. Ages 4-8.

*The Amazing Potato*, Milton Meltzer, New York: Harper Collins, 1992. Information and history combined with a brief discussion of the socio-economic conditions of the times, results in a text that is not readily found elsewhere. Ages 9-12.

*The Pumpkin Patch*, Elizabeth King, Dutton, 1990. Color photographs of pumpkins at all stages of growth, of farmers planting them, and of children enjoying them. Ages 4-8.

*The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Activities for Kids*, Joan D'Amico and Karen Eich Drummond, Illustrations Tina Cash-Walsh, Wiley, John & Sons, Incorporated, 1998. This book of 56 healthy recipes is arranged according to parts of the human body they benefit. For each one, there is a description, an activity or experiment, and some recipes.



*The Healthy Start Kids' Cookbook: Fun and Healthful Recipes That Kids Can Make Themselves*, Sandra K. Nissenburg, Wiley, John & Sons, Incorporated, 1994. This cookbook shows kids that making nutritious food they love can be just as fun as eating it. Ages 6-10.

*Tomatoes, Potatoes, Corn, & Beans*, Sylvia A. Johnson, New York: Atheneum Books for Young Readers, 1997. Johnson blends history, botany, geography, folklore, cookery, and art in a fascinating account of how Columbus' voyage in 1492 began an exchange of foods between the Americas and the Old World. Grades 6-10.

*Too Many Tamales*, Gary Soto, New York: G.P.Putnam's Sons, 1993. Ed Martinez's warm oil paintings celebrate the riches of South American Christmas colors. Ages 4-8.

*Tops & Bottoms*, Janet Stevens, New York: Harcourt, Inc., 1995. Large, dynamic double-page-spread paintings are only part of the charm of this very funny picture book. Ages 4-7.





## Fitness

*Active for life: Developmentally appropriate movement programs for young children.* SW Sanders.

Washington, DC: National Association for the Education of Young Children (NAEYC), 2002. This book for educators and parents provides guidance for developing movement and physical activity programs for preschool children that encourages positive attitudes about the importance of daily physical activity.

*Children's Book of Yoga: Games & Exercises Mimic Plants & Animals & Objects,* Thia Luby, Human Kinetics Publishers, 1998. This book is full of educational recreational activities that combine two things children love—animals and movement.

*Food, Fun n' Fitness: Designing Healthy Lifestyles for Our Children,* Mary Friesz, Human Kinetics Publishers, 2002. The ultimate parents' guide for

enhancing the well-being of our youth, this book emphasizes the importance of healthy lifestyle habits, nutrition, physical activity and a healthy self-image, as the foundation for healthy children and healthy adults.

*Strength & Power for Young Athletes,* Avery Faigenbaum and Wayne Westcott, Human Kinetics Publishers, 2000. This book provides detailed instructions for 82 free weight, body weight, machine, cord, and medicine ball exercises emphasizing safety and technique.

*Your Child's Fitness: Practical Advice for Parents,* Susan Kalish, Human Kinetics Publishers, 1995. This is the perfect book for parents who want solid advice and practical solutions for raising healthier and more active kids.