

## SOME BENEFITS OF EXERCISE:

- helps strengthen muscles and bones
- teaches problem-solving skills
- aids in motor-skill development
- encourages family involvement
- improves coordination skills
- teaches sportsmanship
- develops confidence
- teaches you to care for your body
- helps you sleep well
- provides a healthy appetite
- helps establish friendship

## RULES OF TRAINING

1. Always warm-up
2. Start slowly.
3. Perform each exercise slowly to avoid injury and to ensure the exercise is done correctly.
4. Stretching exercises can be done every day.
5. Vary the exercises to avoid boredom.

**For more of these tips and rules please see:**

*303 Kid-Approved Exercises & Active Games*  
*303 Tween- Approved Exercises & Active Games*

## DVDS

*Cosmic Kids! Yoga*

**DVD VIDEO(YOUTH) COSMIC**

*Denise Austin's Fit Kids*

**DVD VIDEO (PHYS. FITNESS/SPORT)  
DENISE**

*Fun House Fitness for Kids*

**DVD VIDEO (PHYS. FITNESS/SPORT) FUN**

*Sport Yoga*

**DVD VIDEO (YOUTH) SPORT**

**Check us out on these social networks!**

### Facebook:

<https://www.facebook.com/HammondLibrary>

### Instagram:

<https://instagram.com/hammondpubliclibrary>

### Pinterest:

<https://www.pinterest.com/hammondpublic/>

### Tumblr (teens):

<http://hammondpubliclibraryteens.tumblr.com>

### Twitter:

<https://twitter.com/hammondlibrary>

### YouTube:

<http://www.youtube.com/user/HammondPublic>

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Hammond, Indiana 46320  
(219) 931-5100

# A Guide to Healthy Resources for Kids!



Hammond Public Library has a number of great resources to get you active and healthy! We have several books and DVDs available for you to check out!



[www.hammond.lib.in.us](http://www.hammond.lib.in.us)

PATHFINDER 3.2016

## NON-FICTION BOOKS

*300 Step-By-Step Cooking and Gardening Projects For Kids*

by Nancy McDougall  
**y635 MCDO 2012**

*303 Kid-Approved Exercises & Active Games: Ages 6-8*

by Kimberly Wechsler  
**y613.7042 WECH 2013**

*303 Preschooler-Approved Exercises & Active Games: Ages 3-5*

by Kimberly Wechsler  
**y613.7042 WECH 2013**

*303 Tween-Approved Exercises & Active Games: Ages 9-12*

by Kimberly Wechsler  
**y613.7043 WECH 2013**

*Be Fit, Be Strong, Be You*

by Rebecca Kejander  
**y613.7 KAJA 2010**

*The Breathing Bridge*

by Annie Buckley  
**y613.7046 BUCK 2012**

*ChopChop: the Kids Guide to Cooking Real Food With Your Family*

by Sally Sampson  
**y641.5973 SAMP 2013**

*Cool Eating*

by Alex Kuskowski  
**y613.2 KUSK 2013**

*Cool Exercise*

by Colleen Dolphin  
**y613.7 DOLP 2013**

*Cool Thinking*

by Alex Kuskowski  
**y612.82 KUSK 2013**

*The Digestive System*

by Pam Walker  
**y612.3 WALK 2003**

*Eat a Balanced Diet!*

by Katie Marsico  
**ON MY OWN y613.2 MARI 2015**

*Eat Lots of Colors*

by Helen Marstiller  
**y613.2 MARS 2013**

*Eat This, Not That for Kids*

by David Sinczenko  
**y613.2 ZINC 2008**

*Fruit and Vegetables*

by Jenny Ridgewell  
**y641.64 RIDG 1998**

*Good Food for You*

**y612.3 GOOD 2011**

*Healthy Mindsets For Super Kids*

by Stephanie Azri  
**y155.41824 AZRI 2013**

*How to Teach Nutrition to Kids*

by Connie Liakos Evers  
**y372.37 EVER 2012**

*I Like to Exercise*

by Lisa Herrington  
**ON MY OWN y613.7 HERR 2015**

*Making Smart Choices*

by Lucia Raatma  
**y613 RAAT 2013**

*The Monster Health Book*

By Edward Miller  
**y613.2 MILL 2006**

*My First Juices & Smoothies*

by Amanda Cross  
**y641.875 CROS 2014**

*Nutrition Fun With Brocc & Roll*

by Connie Liakos Evers  
**y372.37 EVER 2012**

*One World Kids Cookbook*

by Sean Mendez  
**y641.563 MEND 2011**

*Stay Fit*

by Sarah Tieck  
**y613.7 TIEC 2012**

*What's In the Garden?*

by Marianne Collins Berkes  
**y635 BERK 2013**

*Your Healthy Plate*

by Katie Marsico  
**y613.2 MARS 2012**

## FICTION BOOKS

*Bread and Cereal*

by Cynthia Fitterer Klingel  
**ON MY OWN E KLIN**

*The Edible Pyramid*

by Loreen Leedy  
**E LEED**

*Fruit*

by Cynthia Fitterer Klingel  
**ON MY OWN E KLIN**

*I Am Yoga*

by Susan Verde  
**E VERD**

*Monkey See, Monkey Do!: an Animal Exercise Book for You!*

By Anita Holsonback  
**E HOLS**

*Yummy!: Good Food Makes Me Strong*

by Shelly Rotner  
**E ROTN**

