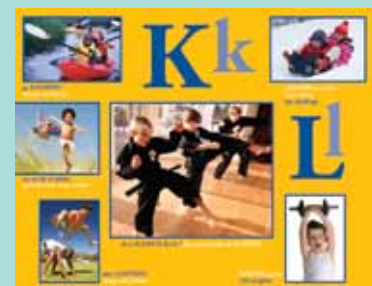




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 QUALITY PHOTOGRAPHIC BOOKS IN ENGLISH & SPANISH

# Keeping Fit from **A** to **Z**

## Mantente en forma de la **A** a la **Z**



- A visually captivating alphabet book in English and Spanish!
- More than 150 photographs of physical activities, sports and games!
- Combines learning of ABCs with fun facts about health and fitness!
- For children of all ages and their families, available now!



- ISBN: 978-0-9834983-5-3
- 32-page picture book =
- 8.75" x 11.25" / Hardcover
- Ages: 3 and up
- 150+ full-color photographs
- Bilingual (English & Spanish)
- Retail: \$15.95
- (Discounts available)



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Whether it's jumping with joy on a trampoline, flying kites on a breezy day, racing with friends in sleeping bags, rafting down rapids with family, or practicing karate kicks in class, exercise is key to one's health and wellbeing. This bilingual alphabet picture book for ages 3 and up with more than 150 captivating photographs, games and fun facts in English and Spanish about the benefits of exercise, introduces children—and their families—to the vast array of physical activities in the world today, and to the importance of being active.



***"This simple yet visually powerful book will clearly help to instill a love of activity in children—and can help establish healthy patterns that will last into adulthood."***

—Dr. Janet Brill, Ph.D., R.D.N., CSSD, FAND, Director, Nutrition for Fitness Together  
 Award-Winning Author • Nutritionist • Go Red Spokesperson

