



Keeping Fit from A to Z / Mantente en forma de la A a la Z

Stephanie Maze, Executive Editor

- 32 pages • 8.75" x 11.25"
- For ages 3 and up
- 150+ full-color photographs
- Other Activities You Can Try
- Fun Things You Can Also Do
- 10 Games You Can Play
- Parents, Did You Know...?
- ISBN: 978-0-9834983-5-3
- \$15.95 laminated hardcover
- Publication date: September 1, 2014

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PR contact: Kate Bandos,
800-304-3269 or 616-676-0758
kate@ksbpromotions.com

Please send two copies of any review
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kate@ksbpromotions.com.

KSB Promotions
Visibility Specialists

55 Honey Creek NE, Ada, MI 49301
616-676-0758 • pr@ksbpromotions.com

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Contact: Kate Bandos, KSB Promotions
800-304-3269 • kate@ksbpromotions.com

Parents, Encourage Your Children to Put Down Their Electronic Gadgets & Games, Get Off the Couch and MOVE!

Introducing an imaginative and visually captivating alphabet book
in English and Spanish that is both fun and educational—
and filled with a myriad of physical activities for children of all ages!

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 your family or practicing karate kicks in class, exercise is key to one's health and well being.

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(© 9/14, moonstonepress.net) is an innovative bilingual picture book for ages 3 and up that will delight children, parents, students, and teachers alike. The book includes more than 150 charming photographs, short captions and text that feature sports, exercise, movement and games.



Indoors or outside, the activities in this book are designed to inspire both young and older children (and their families) to move, be physically fit and be healthy—and at the same time introduce them to the ABCs and new vocabulary in two languages. The photographs are arranged in alphabetical order with their respective translations on the left (English) and the right (Spanish) side of each page, separated by a larger picture in the middle, where the activity begins with the same letter in both languages. Whether it's A for Acrobat/ Acróbata, B for Baseball/ Béisbol, E for Exercise/ Ejercicio, or V for Volleyball/ Voleibol, children and their families will understand that regular physical exercise has enormous health benefits for everyone!

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