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CONTACT: Thomas Nelson
Meadowbrook Press
800-338-2232, ext. 109

From the #1 All-Time Selling Line of Children's Activity Books

THE FITNESS FUN BUSY BOOK
365 FUN, PHYSICAL ACTIVITIES FOR TODDLERS AND PRESCHOOLERS

MINNEAPOLIS (November 1, 2013) – Studies have shown that in the past thirty years childhood obesity has more than doubled in children, and tripled in adolescents. The good news is that regular physical activity can help prevent obesity in children, improve a child's overall health, enhance the development of movement skills and nurture self-esteem.

With those benefits in mind, Trish Kuffner has revised *The Fitness Fun Busy Book* (previously titled *The Wiggle & Giggle Busy Book*)(Paperback, \$9.95; Meadowbrook Press) to give the book a stronger focus on developing healthy lifestyle habits early, new guidelines for physical activity, and healthy eating for children. With over 26,000 copies in print, this new edition is available in stores nationwide.

The book contains 365 creative, lively games and activities to keep toddlers and preschoolers busy and active. It provides great alternatives to watching TV, playing video games, or doing other sedentary activities. It shows parents and daycare providers how to:

- Inspire a love of physical exercise with games and activities that encourage a child to move.
- Focus a child's energy constructively.
- Encourage a child to develop large and small motor skills.
- Connect music and rhyme with physical expression to develop a child's creativity.
- Celebrate holidays and other occasions with special games and activities that get everyone moving.

The Fitness Fun Busy Book is written with warmth and sprinkled with humor and insight. It should be required reading for anyone raising or teaching young children.

Trish Kuffner is the author of four other titles in the best-selling Busy Book series, including *The Toddler's Busy Book*, *The Preschooler's Busy Book*, *The Children's Busy Book*, and *The Arts and Crafts Busy Book*. She is the mother of five energetic children, who inspired her to write the books. She lives just outside Vancouver, British Columbia.

To request a copy of *The Fitness Fun Busy Book* or to schedule an interview with Trish Kuffner, please contact Thomas Nelson, Meadowbrook Press, at 800-388-2232, ext. 109, or email him at tnelson@meadowbrookpress.com.

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