

RECOMMEND BOOKS ON FITNESS AND NUTRITION

NOVEMBER 2007

The Healthy Lunchbox: How to Plan Prepare; Pack Stress-Free Meals Kids Will Love by Marie McGlendon, and Christy Shauck (Small Steps Press, Paperback 2005)

Cutting Thru the Nutritional Jungle by Cathy Schmelter, RD (An Ounce of Nutrition, 2006)

Healthy Snacks for Kids by Penny Warner, (Nitty Gritty Cookbooks, 2007)

Your Child's Weight: Helping Without Harming by Ellyn Satter, MS RD, LCSW (Kelcy Press, 2005)

Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating by Carol Goodrow (Breakaway Books, 2004)

I'm Like SO Fat: Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World by Dianne Neumark-Sztainer, PhD. (Guilford, 2005)

Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Problems by Donna Fish, MS, LCSW (Atria, 2005)

Lean Mom, Fit Family: The Six Week Plan for A Slimmer You and A Healthier Family by Michael Sena, with Kirsten Straightan RD and Tom Sattler, EdD (Rodale, 2005)

The Busy Mom's Ultimate Fitness Guide by Cathy Moxley (Fitness InSight, 2006)

The Family Fitness Fun Book: Healthy Living for the Whole Family by Rose R. Kennedy (Healthy Living Books, 2005)

Fit Foundation: A Guide to Help Achieve Good Health for America's Overweight Youth by Harry Schwartz (Volt Press, 2006)

Gobble Up Science: Fun Activities to Complete and Eat for Kids in Grades 1-4 by Carol Johmann and Elizabeth Reith (Creative Teaching Press, 1996)

Gobble Up Math: Fun Activities to Complete and Eat for Kids in Grades 1-3 by Sue Mogard and Ginny McDonnell (Learning Works, 1994)