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Healthy Jingles for Kids Joseph Plummer Bunn, M.d., Vernon A. Quarstein, Ph.d., VERNON A. QUARSTEIN, .,2008-06-04 This Kids book is different from most children s books in that it delivers a health and fitness message in the form of Healthy Jingles for Kids which are then represented by Color Cartoons plus Notes for Parents GOOD HABITS This book teaches that good exercise habits by young children formed early in life improve their level of performance in school and help them avoid obesity and resulting diseases throughout their lives Regular exercises such as walking and running improve a child s mental development and prevents many diseases suffered later in life such as worry anxiety sleeplessness obesity diabetes cancer dementia and even Alzheimer s Due to their rhythmic nature Healthy Jingles make authoritative medical advice easier for

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Walking and Running ,1989 Discusses the benefits of running and walking conditioning and the right diet
Walk, Jog, Run, for Wellness Patricia A. Floyd, Janet E. Parke, 1990
Fitness & Wellness Ray A. Petersen, Norene C. Petersen, 1996

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