

# Walking and Jogging for Health and Wellness

Frank Ruffolo



# Walking And Jogging For Health And Wellness Cengage Learning Activity Series

**Frank D. Rosato**



## **Walking And Jogging For Health And Wellness Cengage Learning Activity Series:**

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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 Kid s 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 children to understand remember and more enjoyable to do WELLNESS Jingle Rhythms for Healthy Living add fun to the process of learning about exercises such as walking and running Kids eagerly engage in wellness activities if they are taught about health and fitness using jingles and color cartoons Rhythmic jingles are easier to remember and more fun to follow Notes for Parents written by a pediatrician and a child psychologist help parents and children explain jingles after they are read to the child The color cartoons help kids recognize objects animals people colors and words all relating to health and fitness wellness activities      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

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