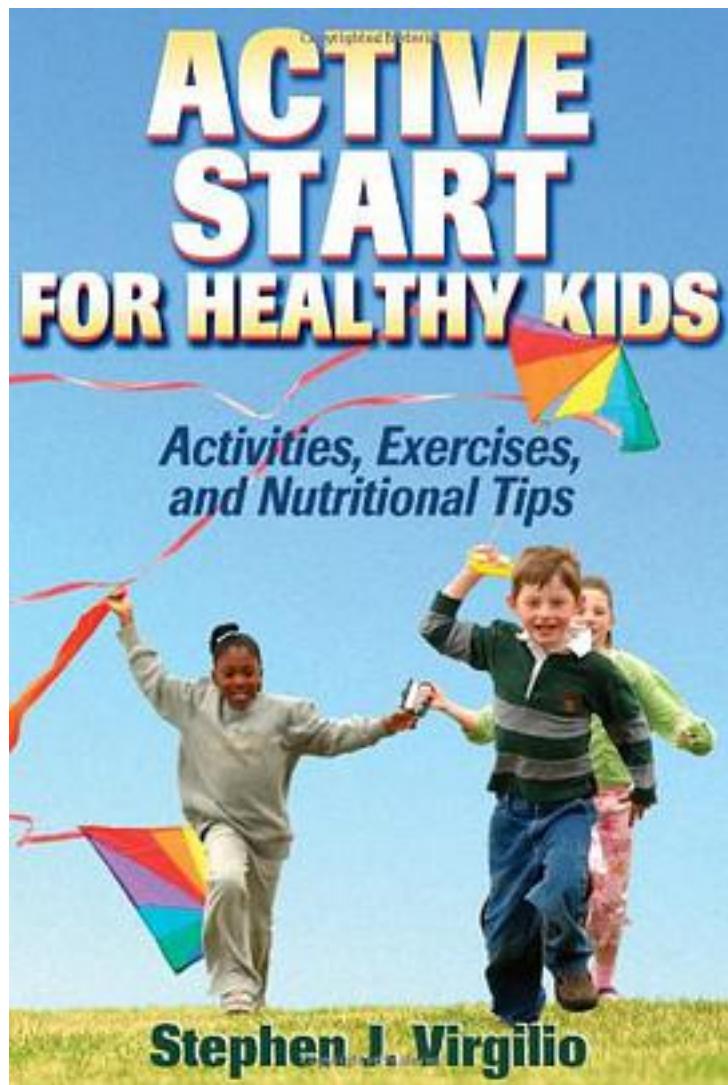


# Active Start for Healthy Kids



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Aimed at teachers, care providers and parents of children aged 2 - 6 years. With childhood obesity becoming increasingly common, it is important to get children involved in physical activity from an early age. Designed to help teachers, carers and parents introduce children to the benefits of physical activity and healthy living. Covers the foundations of physical activity and healthy eating in a simple format. Includes a range of developmentally appropriate exercises, games, dances, movement skills and yoga for young children.

作者介绍:

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