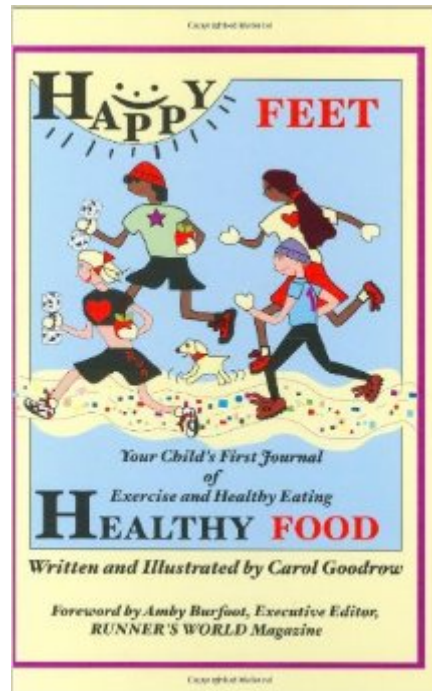


The book was found

# Happy Feet, Healthy Food: Your Child's First Journal Of Exercise And Healthy Eating



## Synopsis

Happy Feet, Healthy Food is a combination of logbook (to record exercise and diet) and a sourcebook for games, activities and eating tips. Each week features bright color illustrations, lists of games and activities to try, advice on good foods, suggestions for packing snacks and lunches, and a log page to write about the activities of each day and the foods eaten. The goal is to promote understanding of the benefits of exercise and healthy eating, to improve the child's reading and writing skills, and to foster dialogue with parents. Perfect for use in schools or at home. Carol Goodrow is the founding editor of Kidsrunning.com, a Runner's World site, which has won numerous awards for its creative and informative content. She is also an award-winning elementary school teacher in Tolland, Connecticut.

## Book Information

Diary: 112 pages

Publisher: Breakaway Books (May 1, 2004)

Language: English

ISBN-10: 1891369466

ISBN-13: 978-1891369469

Product Dimensions: 6.2 x 0.5 x 9.3 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #632,379 in Books (See Top 100 in Books) #82 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #128 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #187 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#)

Age Range: 6 - 12 years

Grade Level: 4 - 7

## Customer Reviews

As Amby Burfoot notes in his introduction, we're hearing about the increasingly obese American on a daily basis now, particularly how the problem is starting with our children. Carol Goodrow's solution starts with our children as well, and it is neither overly ambitious nor particularly challenging. It is simply this: teach your kids to eat in a healthy way *\*every day\**, to exercise *\*every day\**, and do it *\*with them.\** Get them in the habit at a young age, show them that an active and healthy lifestyle is fun and enjoyable, and they'll grow up enjoying it. That said, this isn't a how-to

book. It's more like a workbook, and it doesn't ask for much at any one time. It has weekly pages for your children to write down their exercise, fill in their healthy meals, and be creative. It offers pages full of ideas for fun, active things to do outside (you won't find a computer game anywhere in the book) and encourages parents to fill in the pages with their children. Because it is meant to be consumed a little at a time, it encourages and supports positive habits, rather than just making an argument and sending you out on your own. If you're looking for a good way to encourage healthy habits in your children and yourself, this is almost certainly the best place to start. And if you buy this book now, you might save them buying dozens of "quick-fix," so-called diet books selling weight-loss "secrets," later in life. In that way, it's downright subversive. Who knew?

I'm a pediatrician and have used this journal with my patients successfully for over 2 years now. Kids and whole families are healthier because of this great tool. Our most successful story is a teen (senior in high school) who has lost about 110 pounds. She is on her third volume, having completed every single page in two full books (the books have 365 pages for daily entry). Get this for your kids AND for yourself!

This is a great book for young runners. My daughter is 8 and it's perfect for her. I wouldn't recommend it for kids much older than 8 or 9- but for the age of my daughter, it's perfect. A very fun read for her. She is implementing all of the things she is reading into her running and activity.

I purchased this book to use for a running club program. It is helpful.

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Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating  
Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book  
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)  
Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating.. 11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving)  
Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free)  
Journal Daily: inside Tree Design, Lined Blank Journal Book, 150 Pages, 6" x 9" (15.24 x 22.86 cm), blank journal pages, writing journal  
VEGAN: Your Body, Your Friend: The

Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told Thru Reflexology Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) DIETMINDER Personal Food & Fitness Journal (A Food and Exercise Diary) Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 x 9, 100 Pages Journal Your Life's Journey: Water Color Paint Journal, Lined Journal, 6 x 9, 100 Pages 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health The Book Lover's Journal (Reading Journal, Book Journal, Organizer) Alice in Wonderland Chalkboard Journal - We're All Mad Here: 100 page 6" x 9" Ruled Notebook: Inspirational Journal, Blank Notebook, Blank Journal, ... Chalkboard Notebook Journals) (Volume 5)

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