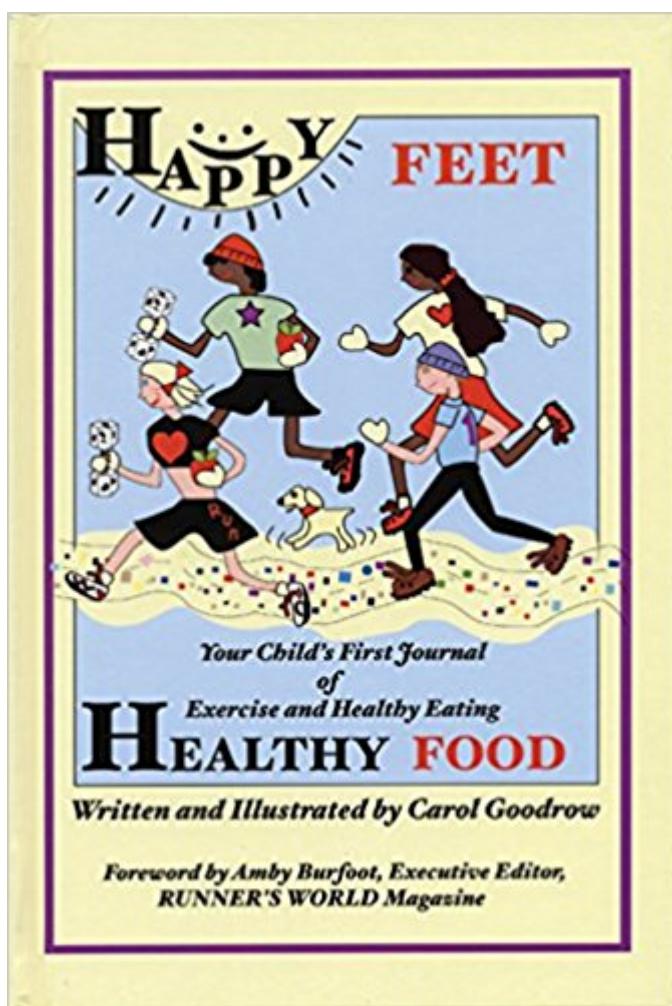


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# Happy Feet, Healthy Food: Your Child's First Journal Of Exercise And Healthy Eating



## **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](http://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

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

Average Customer Review: 4.1 out of 5 stars [4 customer reviews](#)

Best Sellers Rank: #348,924 in Books (See [Top 100 in Books](#)) #50 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #75 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #114 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition

Age Range: 6 - 12 years

Grade Level: 4 - 7

## **Customer Reviews**

From Amby Burfoot's Foreword -- (Amby is the winner of the 1968 Boston Marathon, and now Executive Editor of Runner's World Magazine): "When I was younger, I thought Albert Einstein was the world's only real genius and his famous equation, E=MC2, was the proof of his genius. Now I am older and wiser, and I realize genius takes many forms. "The book in your hands is a work of genius, for example. "I say this with certainty because this is the first book to recognize that we must begin to teach our kids about good health and nutrition at a very early age. When we wait longer, as

we have for too long, we end up raising kids who are overweight and out-of-shape, as the daily newspapers now tell us almost every morning. Others will soon wake up and produce more books and videos to encourage kids' fitness, but this will always be the first, and I dare say it will be difficult for anyone else to improve upon it. "This book couldn't have come into existence without the genius of Carol Goodrow. I have known Carol for a half-dozen years, and I have been continually amazed at her energy, intelligence, and, most important of all, her good heart. She has astounded me with the boundless enthusiasm she has poured into her Web site, (...). It is a fun and info-packed place for youngsters to learn about running and good health. "This book is all that, and more. Part of Carol's genius is the way she integrates fitness with the traditional school subjects. When your kids use this book, often with you at their side, they won't just get healthier. They'll also practice basic counting skills, and write short stories about food, exercise, and the outside environment. "A number of research studies have shown that aerobic exercise floods the brain with oxygen, unlocking its creativity. Carol uses this simple, scientific fact to help you raise a healthier and faster-learning child. You could hardly ask for more. "I hope you'll open this book often with your child. You'll both be glad you did. And you'll continue to see the benefits for many years to come-perhaps even a lifetime." -- Amby Burfoot Executive Editor, Runner's World Magazine Boston Marathon Winner, 1968 Emmaus, Pennsylvania

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. Executive Editor of Runner's World. 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.

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!

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

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?

This is a great book for young runners. My daughter is 8 and its 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.

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