



Super Simple Bend & Stretch: Healthy & Fun Activities to Move Your Body (Super Simple Exercise)

Nancy Tuminelly

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This fun title will help kids find a variety of ways to exercise by bending and stretching indoors and outdoors! With step-by-step instructions and photos for each activity, kids will learn how easy it is to be healthy and active for an hour a day. They will use simple items from around the house for the activities, like an old bath towel for riding waves on a surfboard or a cardboard box to do a stretch test. Also included is a sample exercise chart and pledge for kids to use as motivation to get moving! Super Sandcastle is an imprint of ABDO Publishing Company.

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