

My daddy is a pretzel

Get Reading, Get Moving!



Whew! Looks like Spring has *finally* arrived! What a great time of the year to get outside and Get Moving!

Whether you like to hop, jump, skip, kick a ball, ride a bike, or do some yoga, there are a lot of ways to exercise for fun - and we have a lot of books with great tips on how to keep your body fit and strong. Did you know that in addition to keeping your heart and muscles strong physical activity can also keep your brain strong?

Find out more about how staying physically active can give your brain a boost at our new Get Reading, Get Moving website. Watch for more information coming soon about how we're going to *Get Reading* and *Get Moving* as part of our Summer Reading Program.



In the meantime, see if you can stand on one leg and hold your arms together over your head in a "tree pose." The book My Daddy is a Pretzel: Yoga for Parents and Kids, can show you how this and other empowering yoga poses are done. This book is recommended for children in preschool through grade 2, but kids and adults of all ages may enjoy trying out the yoga poses. Have fun!

Posted by Lisa C. on April 9, 2011

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