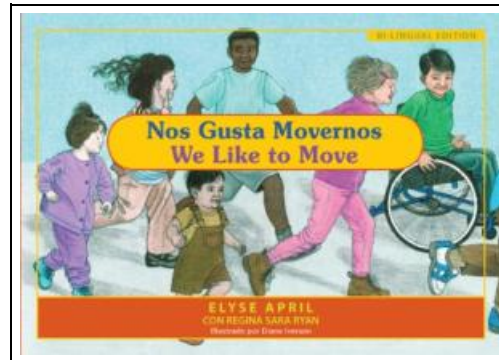


## We Like to Move - Spanish / English Edition: Exercise is Fun (Paperback)



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Hohm Press,U.S., United States, 2012. Paperback. Condition: New. Bilingual. Language: Spanish . Brand New Book. This book is the bi-lingual version of Kalindi Press s We Like To Move, released in Fall 2006. It is likewise a response to an urgent need for the health and well-being of Hispanic American children. The statistics are shocking! Obesity has become an epidemic in the United States. Not only are American adults suffering the consequences of significant overweight, but massive numbers of our children are quickly joining the ranks of the overfed and undernourished! Hispanic American children and adolescents have particularly high obesity prevalence (39 overweight, and 23.7 obesity). Diabetes, hypertension and other obesity-related chronic diseases that are prevalent among adults have now become more common in these youngsters. and are reported to contribute to the increase of obesity in youth. Today s youth are considered the most inactive generation in history caused in part by poor dietary habits, inactivity, reductions in school physical education programs and unavailable or unsafe community recreational facilities. The National Institute for Health has made obesity-intervention one of its primary targets for increasing the health and longevity of all Americans by 2010. Without a turn-around, however, succeeding generations of children will suffer increased heart disease and diabetes, and will, overall, be less healthy than their parents. Nos Gusta Movernos/ /Exercise is Fun is a picture book containing upbeat, rhyming text and brilliantly-colored illustrations of young children engaging in many different forms of exercise and physical activity. The book offers multicultural depictions including Hispanic American, African American, and Asian American children and adults and varied locales, from a busy city street scene to a southwestern landscape. Each child shown is joyfully engaged in movement, demonstrating both the physical and the emotional health benefits of exercise and movement. Nos Gusta...



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