

The FIT Kids Act was reintroduced in the 111th Congress this April with support from professional athletes, school districts and parents alike. The goal? Strengthening physical education programs in schools across the country by fostering understanding of the connection between physical health, fitness, self-image and learning.

Studies have shown that children who are vigorously active for 20 to 40 minutes a day may be better able to organize schoolwork, do class projects and learn mathematics, while children who are not active may be at a disadvantage academically.

In celebration of the sponsoring of this bill and the growing awareness of the role health plays in children's ability to learn, Perma-Bound offers you these sets of health and nutrition based titles to enhance your student's learning experience.

For more about this bill and its sponsors and supporters go to www.americanheart.org/fitkidsact



ELEMENTARY

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Edible Pyramid: Good Eating Every Day <i>Leedy, Loreen</i>	3.4/K-3	000085975	★	22.37	Mr. Putter & Tabby Run The Race <i>Rylant, Cynthia</i>	2.7/1-4	000025831	★	19.62
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Fuel The Body <i>Tourville, Amanda Doering</i>	2.6/P-2	000029604	◇	22.58	Pinkalicious <i>Kann, Victoria & Elizabeth</i>	2.7/P-2	000023045	★	22.40
Get Up And Go! <i>Carlson, Nancy L.</i>	2/P-2	000002210	★	20.55	Rumble Meets Keesha Kangaroo <i>Law, Felicia</i>	2.5/K-3	000001938	◇	17.82
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Gulps <i>Wells, Rosemary</i>	3.1/P-1	000016644	★	21.47	Sweet Tooth <i>Palatini, Margie</i>	2.3/K-3	000007287	★	21.44

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Don't Try This At Home!: Avoiding Extreme Behaviors <i>Strom, Laura Layton</i>	6.6/4-7	000023075		13.64	Making Smart Choices About Food, Nutrition, And Lifestyle <i>Giddens, Sandra</i>	5/5-9	000027946	◇	23.64
Dough Boy <i>Marino, Peter</i>	5.0/5-9	000015067	★	21.20	Me!: Healthy Body, Healthy Mind <i>Haskings-Winner, Jan</i>	4/5-9	000014855		21.11
Eat Right!: How You Can Make Good Food Choices <i>Doeden, Matt</i>	5.2/4-7	000028759	◇	27.29	Models Don't Eat Chocolate Cookies <i>Dionne, Erin</i>	4.6/5-9	000033450		14.38
Eating Green <i>Apte, Sunita</i>	5.9/3-6	000038679	◇	22.53	Move Your Bones <i>Evans, Lynette</i>	5.9/4-7	000023066		13.64
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Health And Wellness <i>Hartman, Eve & Meshbesher, Wendy</i>	6.9/4-7	000039860	◇	26.16	Run For It <i>Hirschfeld, Robert & Christopher, Matt</i>	4.0/4-7	000258148		20.87
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					Sweaty Book Of Sweat <i>Barnhill, Kelly Regan</i>	4.6/4-7	000038981	◇	20.20
					Winning Words: Sports Stories And Photographs <i>Smith, Charles R., Jr.</i>	3.5/5-9	000024913	★	22.18

HIGH SCHOOL

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Ask Cosmo Girl! About Beauty: All The Answers To Your Questions About Hair, Makeup, Skin & More <i>CosmoGIRL Editors</i>	4/7-12	000036796		12.47	My Big Nose And Other Natural Disasters <i>Salter, Sydney</i>	4.4/7-12	000035673		14.38
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Breathless <i>Withers, Pam</i>	4.2/7-12	000010569		16.42	Playing Safe, Eating Right: Making Healthy Choices <i>Orr, Tamra</i>	5.7/7-12	000028551	◇	27.29
Diet Fads <i>Zahensky, Barbara A.</i>	6.2/7-12	000018116	◇	24.92	Too Stressed To Think?: A Teen Guide To Staying Sane When Life Makes You Crazy <i>Fox, Annie</i>	6/7-12	000009677		21.07
Does This Book Make Me Look Fat?: 14 Writers Weigh In <i>Walsh, Marissa</i>	5.5/7-12	000028673	★	20.32	Weighing In: Nutrition And Weight Management <i>Favor, Lesli J.</i>	7/7-12	000023586	◇	32.05
Frequently Asked Questions About Staying Fit <i>Wilson, Michael R.</i>	5/7-12	000018798	◇	26.09	Wintergirls <i>Anderson, Laurie Halse</i>	4.1/7-12	000036124	★	22.18
Go Organic <i>Saddleback Editors</i>	5/7-12	000030161		17.36	Wise Highs: How To Thrill, Chill & Get Away From It All Without Alcohol Or Other Drugs <i>Packer, Alex J.</i>	5/7-12	000022027		21.76
Leaving Jetty Road <i>Burton, Rebecca</i>	4.7/7-12	000011762	★	20.27					
Life Lists For Teens: Tips, Steps, Hints, & How-Tos For Growing Up, Getting Along, Learning, & Having Fun <i>Espeland, Pamela</i>	7/7-12	000176420		18.28					

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