



Exercise Videos (Age Specific)

Video Title	Age
Fit Kids Exercise for parents and children	3 mos-5 yrs.
Boohbah Comfy Armchair	1-4 yrs.
Teletubbies Go!: Exercise with the Teletubbies	1-5 yrs.
Fun with Silly Sally	2-10 yrs.
Ready Set Go, Go, Go	2-5 yrs.
Elmocize – Library	2-5 yrs.
Sesame Street Happy, Healthy Monsters	2-7 yrs.
Move ‘n Grove Kids	2-7 yrs.
Get Fit Kids Vol. 1 Hustle-Bustle Move Your Muscles!	3-7 yrs.
Little Kicks Workout	4-10 yrs.
Hip Hop Animal Rock	5-10 yrs.
Get Active with Stinky Shoe and Coach Laroo	Preschool-8 yrs.
Tae Bo Junior with Billy Blanks	4-14 yrs.
Tae Bo Kicks for Kids	5-11 yrs.
J. Jump to the Music	5-11 yrs.
Chicken Fat – Youth Fitness Video	5-12 yrs.
Toucans Trail Obstacle Adventure	6-11 yrs.
Hip Hop for Kids	6-10 yrs.
Kari Anderson’s Shake	6-11 yrs.
Denise Austin’s Fit Kids	8-12 yrs.
Hip Hop for Kids Pop, Lock and Break	11-18 yrs.

Websites for educational materials

- | | |
|---|--|
| 1. American Academy of Pediatrics | www.aap.org |
| 2. American Dietetic Association | www.eatright.org |
| 3. Activate | www.kidnetic.com |
| 3. Department of Agriculture Team Nutrition | www.fns.usda.gov/tn |
| 4. Centers for Disease Control | www.cdc.gov |
| 5. Food and Nutrition Information Center | www.nal.usda.gov/fnic |
| 6. Food Pyramid | www.mypyramid.gov |
| 7. Healthy living programs in Arkansas | www.HealthyArkansas.com |
| 8. Healthy living programs in Missouri | www.dhss.mo.gov |