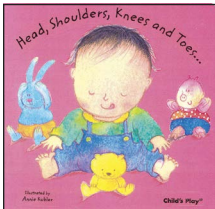


DOCTOR RECOMMENDED CHILDREN'S BOOKS

Brought to you by Raising Readers

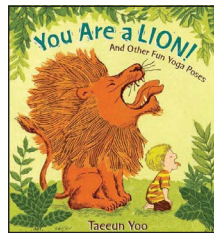
# Physical Activity



**Head, Shoulders, Knees and Toes**

By Annie Kubler  
Child's Play  
ISBN 9780859537285  
Board Book, \$4.99

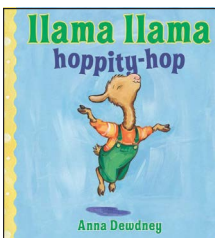
An illustrated version of the song encourages toddlers to identify parts of the body and move to the rhythm. Ages 12 months-2 years.



**You Are a Lion!:  
And Other Fun Yoga Poses**

By Taeun Yoo  
Nancy Paulsen Books  
ISBN 9780399256028

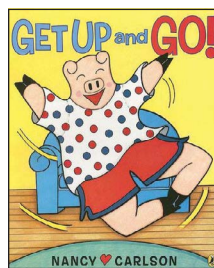
Hardcover, \$16.99  
Children pretend to be many different animals as they do various yoga poses. Ages 3-7 years.



**Llama Llama Hoppity-hop!**

By Anna Dewdney  
Viking Childrens Books  
ISBN 9780670013296  
Board Book, \$5.99

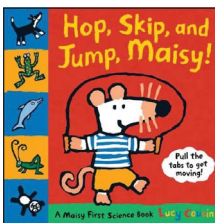
Invites children to join in the fun as young Llama Llama hops, stretches, touches and thumps. Ages 12 months-2 years.



**Get Up and Go!**

By Nancy L. Carlson  
Penguin Group USA  
ISBN 9780142410646  
Paperback, \$5.99

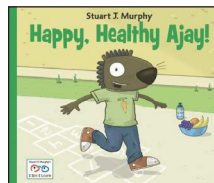
Encourages readers to turn off the TV and play games, walk, dance, and engage in other forms of exercise. Ages 4-7 years.



**Hop, Skip and Jump, Maisy!**

By Lucy Cousins  
Candlewick Press  
ISBN 9780763658137  
Interactive Hardcover, \$12.99

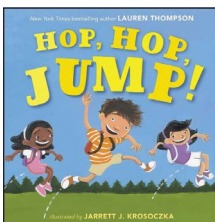
An energetic Maisy Mouse invites young fans to help her move through an active day of stretching, skipping and turning somersaults. Ages 2-4 years.



**Happy, Healthy Ajay!**

By Stuart J. Murphy  
Charlesbridge Publishing  
ISBN 9781580894708  
Hardcover, \$14.95

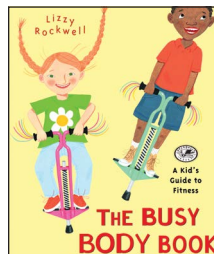
Ajay learns what he needs to do so he can become healthier and play with his friends. Ages 5-6 years.



**Hop, Hop, Jump!**

By Lauren Thompson & Illustrated by Jarrett J. Krosoczka  
Margaret K McElderry  
ISBN 9781416997450  
Hardcover, \$14.99

Rhyming text encourages readers to wiggle and twist, stomp and zig-zag, and hug and shrug. Ages 2-5 years.



**The Busy Body Book**

By Lizzy Rockwell  
Random House  
ISBN 9780553113747  
Paperback, \$6.99

Explores all the ways the body moves, twists, and turns and how kids can stay fit. Ages 5-8 years.