

Personal Health & Safety

"For All to See: A Teen's Guide to Healthy Skin" by Rae Simons

"Germs Make Me Sick" by Melvin Berger

"Playing Safely" by Robin Nelson

"Safety on the Playground" by Lucia Raatma

"Safety at Home" by Lucia Raatma

"Sports Injuries" by Sarah Lennard-Brown

"Staying Clean" by Robin Nelson

"Taking Care of Your Smile" by Autumn Libal

"What to Expect When You Go to the Doctor" by Heidi Murkoff

"Bicycle Safety" by Nancy Loewen

"Water Safety" by Nancy Loewen



The materials listed represent in part, a grant from the United Way of Newaygo County to promote healthy lifestyles for children.



Grant Area District Library

122 Elder St.
Grant, MI 49327

231 834-5713
www.grantlibrary.net

Active & Alive, Alive & Well

*A Bibliography for
children's health and
wellbeing*



**Grant Area
District
Library**

Sports & Games



"Figure Skating" by Margaret Ryan

"Let's Play Baseball" by Terri DeGezelle

"Let's Play Soccer" by Heather Adamson

"How Basketball Works" by Keltie Thomas

"Volleyball: Rules, Tips, Strategy and Safety" by Sandra Giddens

"Skateboarding Book of Tricks" by Steve Badillo

"A Guide for Young Softball Pitchers" by Don Oster

"Wrestling: Rules, Tips, Strategy, and Safety" by David Chiu

"Hopscotch" by Elizabeth D Jaffe

"Chinese Jump Rope" by Sheree S. Marty

"Inline Skating" by Laura Kaminker

"Roller Hockey" by Cam Millar

"Football" by James Buckley Jr

Nutrition & Cooking

"Batter Up Kids" by Barbara Beery

"Kinder-Krunchies: Healthy Snack recipes for children" by Karen Jenkins

"Mom and Me Cookbook" by Annabel Karmel

"The I Don't Know How to Cook Book" by Mary-Lane Kamberg

"Vegetarianism and teens" by Kathleen Winkler

"Why Do We Need to Drink Water?" by Angela Royston

"What Should We Eat?" by Angela Royston

"The Best You Can Be: A Teens Guide to Fitness and Nutrition" by Christopher Hovius

"Healthy Lunchbox"

by Marie McClendon



Exercise & Fitness

"Ballet for Beginners" by Marie-Laure Medova

"Belly Dance" by Dolphina

"Karate" by Jane Mersky Leder

"Gymnastics" by Bobbie Kalman

"The Importance of Physical Activity and Exercise" by Autumn Libal

"Dancing in Your School" by Anne Dunkin

"Breathe Yoga for Teens" by Mary Kaye Chryssicas

"Yoga in Your School" by Teresa Asencia

"Mountain Biking" by David Armentrout

"Climbing" by David Armentrout

"Hiking and Backpacking" by Karen Berger

"Tap Dancing" by Tracy M. Maurer

