

An Adventure In Exercise

Joey the Kangaroo and Spunky the Monkey

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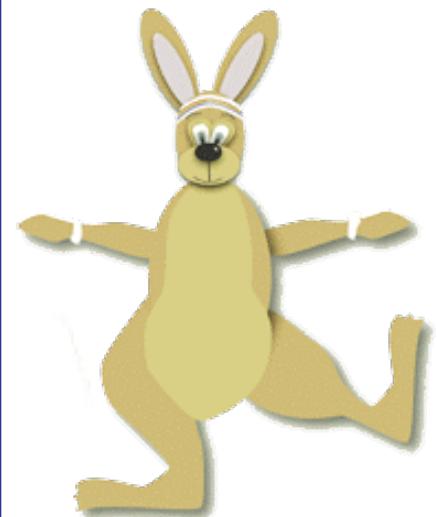


JOEY THE KANGAROO and **SPUNKY THE MONKEY** are part of the “*An Adventure In Exercise*” book series by Len Saunders. Read these storybooks with your children, and watch the fun and excitement that occurs with each page. These books serve **6 main purposes**:

- **To make reading fun for children**
- **To encourage children to read**
- **To make exercise fun for children**
- **To encourage children to exercise**
- **To teach the children number recognition**
- **To make learning numbers fun**

Children need motivational ways to get active. Many of them spend countless hours involved in technology instead of activity. The “*An Adventure In Exercise*” book series was designed to motivate young children (ages 2-7) to get off the couch and exercise. Studies have shown that proper health habits start at a young age. Research has also shown that many overweight children become overweight adults.

LEN SAUNDERS graduated with honors in 1983 from the University of Bridgeport, majoring in Physical Education. He later received a Master’s degree in Exercise Physiology from Montclair State University. Len has been involved in children’s health and fitness for over 25 years. He has won awards for his contribution to children’s health & fitness at the local, state, and national levels. In the late 1980’s, Len served as a consultant to The President’s Council On Physical Fitness & Sports. Most recently, he became an American Heart Association expert spokesperson on the issue of childhood obesity and childhood fitness.



Look for more books in the future from the “*An Adventure In Exercise*” book series!

To stay updated, visit the author’s web site at: www.lensaunders.com