

MASON'S BACKYARD WORKOUT!



BY RON HENDERSON "THE FITNESS KING"

Illustrated by LIZZY STAMPER

Ron Henderson

Mason's Backyard Workout (Mason the Mouse) (Volume 1)



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His friends were worked up about the backyard workout. The tale uses a selection of animals who take part in Mason's exercise fun with each one adding a fitness that they enjoy doing. Mason's Backyard Workout is a story in regards to a mouse name Mason who have decides to have a backyard workout get-together with most of his animal close friends after seeing a commercial on TV about how everyone needs to move and exercise. Mason asks his friend Ellen, the eagle, to help get the term out by dropping invitations to all his friends. As kids encounter Mason's Backyard Workout they'll fulfill Mason the mouse and his pet friends and engage their imaginations in a way that will encourage them to have their very own exercise fun.



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My kids LOVE it! Therefore refreshing to see kids looking towards fitness! The Pets in the publication had us all cracking up! Each pet shows the others their own common exercises (i.e., kangaroo jumping) so they can all get in on the fun backyard workout! The integration of real fitness instruction woven into this fun journey is excellent! to my son's 2nd Grade course - they definitely loved it, both the story and illustrations Yesterday I go through "Mason's Backyard Workout" to my son's 2nd Grade class - they absolutely loved it, both the story and illustrations! I really believe this book might help children to know that it's important to get up and move and exercise to keep physically fit. A fun journey for the kiddos We enjoyed following Mason the Mouse in his seek out new ways to get off the sofa and get active. Great book that I recommend for all kids! This book is indeed fun! Awesome book! My 7 year old really liked it. What a great way to start out instilling that enthusiasm for fitness while my child is young. There are instructions for how exactly to do easy exercises combined in with a great story. Henderson uses different pets to teach children fun exercises they are able to do in their personal backyard (or inside their condo, such is the case inside our home). Very funny!.. .. That is a book that all children should read and do the workout routines in the book. One very funny child exclaimed when I demonstrated the page with the Fitness King on TV, "Wow, look at those pipes! What a fun method to encourage your children to exercise. Five Stars My children and my children's friends ABSOLUTELY love this book! My kids LOVE this reserve and I love reading it to them! It's a great workout for his mind and his body Our 2 year old son LOVES this reserve! He actually brings it to us to read to him! We include the exercises that Mason & his close friends do while reading along! It's a great workout for his human brain and his body! Buy this book! Therefore, can possibly help end childhood obesity. Love this book Love this publication, Mason's Backyard Workout! We are ready to head to the backyard and workout! Just what a fun way to encourage your kids to exercise So cute!" Hilarious - the to begin two additional children's books soon-to-come, right on, Ron Henderson? My grandkids like scanning this story and considering the images of the pet doing their own special exercises.



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