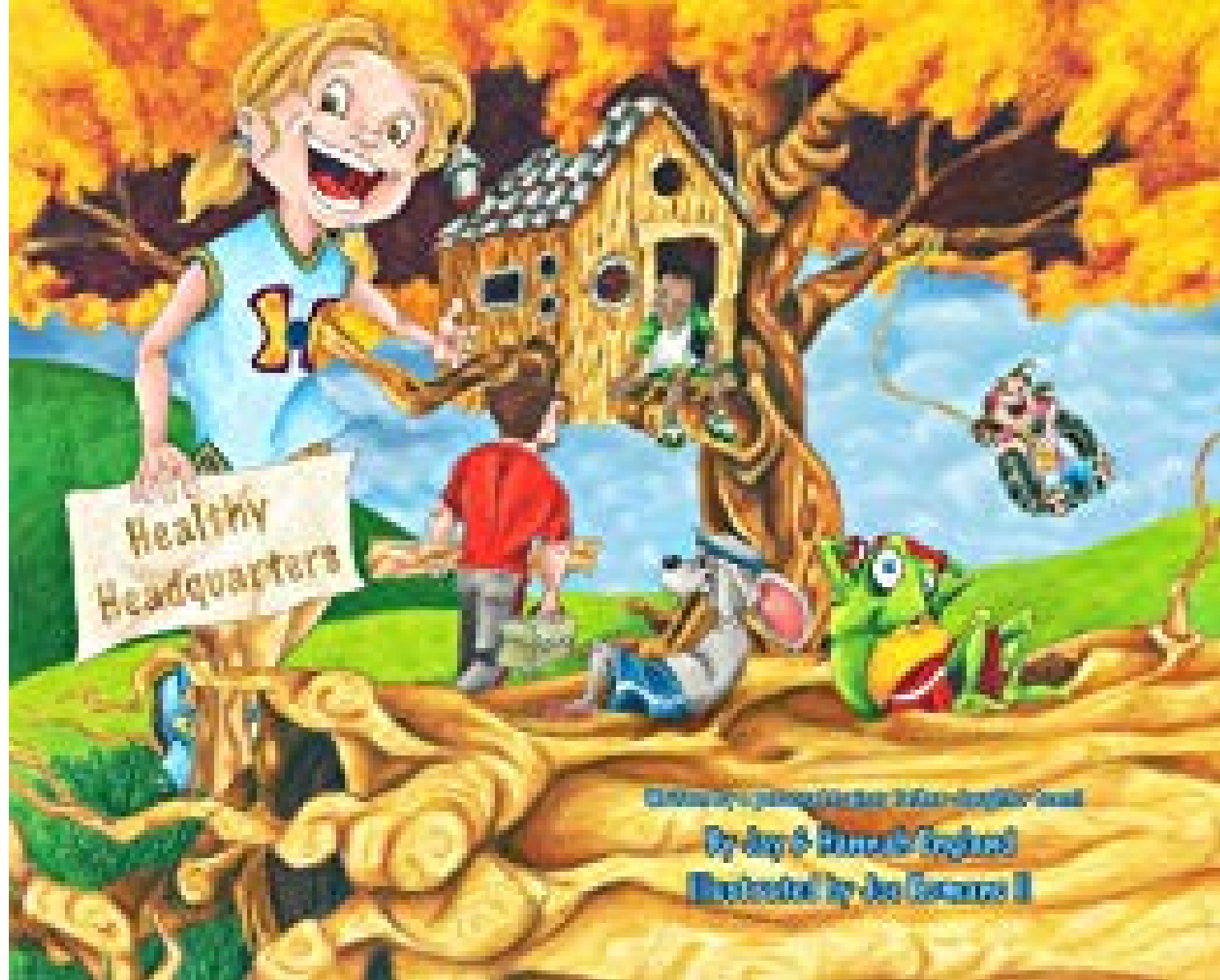


Healthy Hannah's Fitness Fables®

A Promise to Yourself



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By Amy & Hannah England

Illustrated by Joe Casanova II

Hannah England and
Healthy Hannah's Fitness fables, A Promise to Yourself



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Children's health are a best concern among parents. One by one, Healthy Hannah, Maxwell Muscle tissue, Low-Fat Larry, and Aerobic Annie take pleasure in healthful fun along a trip from babyhood to adulthood. Children can workout correct along the characters as they join Healthful Hannah and her fitness close friends on a rhyming experience about exercise and nutrition. Written by a personal trainer father-daughter team with playful and amusing illustrations, A Guarantee to Yourself may be the perfect way to bring in fitness to kids from age groups 1 to 101.



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Great book Great reserve that teaches healthy eating principles in a bright, vibrant way. Want to support books like this. Ideal for all ages. Well worth the money! My nephew loves this publication. Extremely colorful and entertaining for the youngsters. In fact ideal for all ages. Great illustration to match the good message! Books are often an excellent investment. My son's favorite character is Max. Healthy Hannah's Fitness Fables, A Promise to Yourself. My grandchildren demand we read it daily. Great Book! Colorful pics and Monsters keep kiddos interested while studying a healthy body & fitness! I would suggest this to family and friends with children of all ages! I would suggest this book to other families. Not only for kids. Provides some interactive areas which the kids also enjoyed. Great subject matter for the kids. Beautiful illustrations! My boy and I love the illustrations and the healthful living message that accompanies this well crafted story. Great illustration to complement the good message! He even chose to take this book to kindergarten as "his favorite reserve" for his little statement.



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