

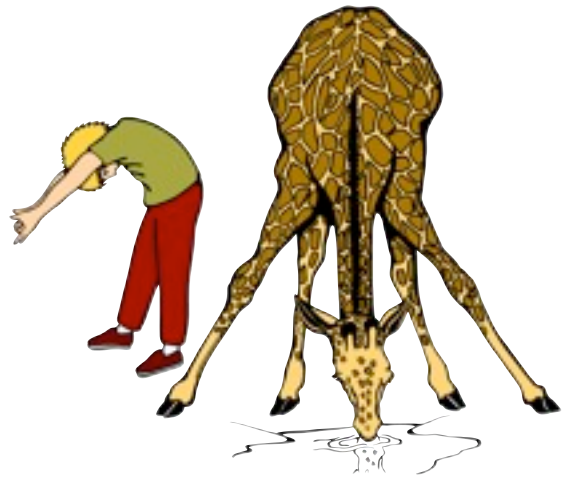
**E-Book Edition**

# ANIMAL EXERCISE FUN

vol.1



**by mike lee**



**Want to help children live healthier lives?  
See [www.AnimalExerciseFun.org](http://www.AnimalExerciseFun.org)  
for more details.**



*Dedicated to my mother's dream*

*Many thanks to everyone who shared their literary, artistic  
and financial support of this program over the years.*



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Please feel free to share this e-book with your friends.  
See [www.AnimalExerciseFun.org](http://www.AnimalExerciseFun.org) to buy the book and for more  
information on bulk sales, grants, and sponsorships.*

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Additional exercises, updates and activities are available at our website. See [www.animalexercisefun.org](http://www.animalexercisefun.org) for more details and a free e-book download.

# INTRODUCTION

As children grow they form habits that last a lifetime. It is our responsibility to provide them with every opportunity to develop a healthy lifestyle.

## **Healthy kids:**

- Share quality time with their parents
- Eat right
- Exercise and stay healthy
- Develop stronger muscles, bones, teeth and characters
- Have fortified immune systems that fight off disease
- Feel better and do better in school



Plus, children with at least 3 years of health education are less likely to take legal or illegal drugs.

Establishing healthy habits at a young age is a proven formula for creating healthy, happy and successful adults. “Animal Exercise Fun” is part of the cure for what ails us.

There are several ways of supporting this program. Please share this book with your children, family, and friends. Consider buying a copy for your school or daycare.

Visit our website for more learning games and exercises. You may also download the free e-book or purchase additional copies.

**see: [www.AnimalExerciseFun.org](http://www.AnimalExerciseFun.org)**

**Be healthy, play safe, and have fun!**

mike

# SAFE EXERCISE GUIDELINES

**Animal Exercise Fun** has been designed with your child's health and safety in mind. Encourage your children to play safe and keep an eye on them. Here are some basic guidelines for a healthy exercise program.

**This section is not meant to be a substitute for advice from a trained medical professional.**

- Learn **C.P.R.** if you are responsible for the care of others.
- Don't do strenuous exercise if you have an infection.
- If you have a medical condition, talk to your doctor before exercising.
- Make your exercise area safe. Proper planning before and during the exercises should prevent most accidents and injuries from happening.
- Read the instructions and be sure everyone understands them.
- Be patient and supportive as your child develops his or her coordination.
- Allow each child to set their own tempo and develop at their own rate.
- **The first three weeks are when most injuries will occur, so take it easy.**
- Eat healthy food and drink clear water.
- Get plenty of rest and sleep.
- Encourage participation through example.
- Exercise regularly, build up gradually.
- Put ice on sore arms, legs and feet.
- Avoid fast starts and stops.
- Don't bounce or jerk while exercising.
- Anyone can be physically fit; everyone should be.
- **Warm up** before hard work or play, then **Cool down** and **Relax** afterwards.
- When you are tired, slow down or stop to prevent overuse injury.
- Breathing, stretching and relaxing help condition the body and mind with healthy behavior.
- Learn how to treat minor injuries such as: sprains, cuts, cramps, bruises or abrasions yourself.
- If anyone has continued pain or injury, call an orthopedic or sports medicine doctor.
- Keep a home sports medical kit and ice handy.
- Read and have at hand an emergency medical and sports medicine book.
- See the **Sports Medicine** section at the end of this book.



# TEACHING TIPS

*"I could live a week on a good compliment."*  
Mark Twain

"Animal Exercise Fun" is designed to turn exercise into imaginative play so young children will develop a lasting love for healthy movement.

Children learn and grow through experience and example. One key to good behavior is a healthy, active, learning environment that engages both body and mind.

## Some things to keep in mind:

- Don't push your child to follow the directions perfectly, except for safety.
- Read the instructions like a story book.
- Make this is a learning game.
- Let your child choose which exercise to perform.
- It may take time before younger children fully participate. That shouldn't stop you.
- Interpret and extend the exercises into improvised animal play and story telling.
- It's your job to keep the activities safe and fun.
- Model the correct postures and motions rather than pointing out your child's flaws.
- Don't expect performance, just play.
- Be an example.

## All children develop at their own rate:

- Four, five and six year olds enjoy these activities the most.
- Two and three year olds can play along with you as an example. Simplify the instructions for them.
- Older children may feel self-conscious. It helps if they are given the responsibility of teaching the program to younger children.

## Make exercise a part of your daily life:

- Cat stretch as a wake-up to make getting out of bed fun.
- Have the eagle soar to take out the garbage.
- The giraffe can help pick up toys.
- Whale carefully dive and rinse off in the tub.
- Monkey swing out to the car when it's time to go.
- Hum tunes with the hummingbird.
- Use the Sleeping Dog as a relaxing bedtime

## Before you begin:

- Cut out and place the Activity Guides in plain sight.
- Make plenty of room for each exercise.
- Wear comfortable clothes and tie your shoes.
- Drink plenty of fresh water.
- Start slowly and practice carefully.
- Take it easy, No Pain is Best!
- If you feel pain, slow down and rest.
- Be positive, be an example, love each other and HAVE FUN!!!



*"Example is not the main thing in influencing others. It's the only thing."*  
Albert Schweitzer

# YOUR PERSONAL SPACE

Test your personal space.  
Move slowly, this isn't a race.

Stretch your body in every direction.  
Do this for your protection.

Bend, reach, and look around,  
Until no danger can be found.

Be certain you can't touch anything or anyone.  
Play safe, so we all have fun.

Have everyone reach, bend, and stretch with both arms and legs. Make sure there are at least two feet separating the closest point of contact.



# START OUT RIGHT

Learning from the animals is fun.  
Exercise is good for everyone.

Take your time and do your best.  
When you are tired, it's time to rest.

Please be careful when you play.  
Exercise! Be healthy the natural way.

## WARM UP

We'll warm-up by breathing  
And moving about,  
Next, we'll take time  
To really stretch out.

Slowly and surely aerobics begins,  
Healthy play, everyone wins.

## COOL DOWN

Cool down by stretching  
Some more,  
So that your body  
Won't feel sore.

Relaxing always makes sense  
Whenever you feel tired or tense.

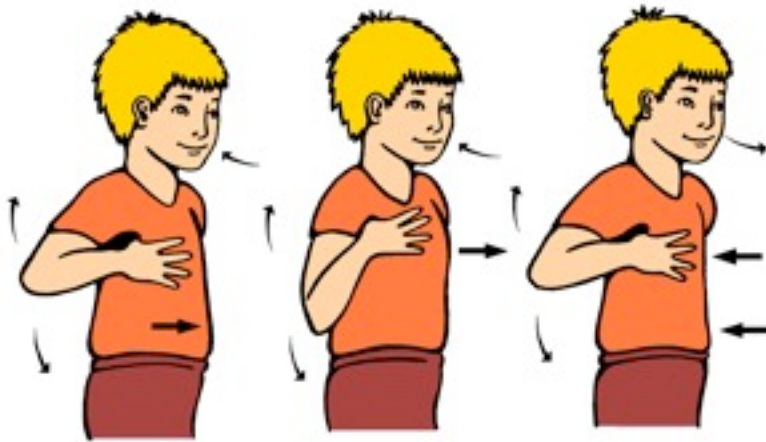
# HUMMINGBIRD BREATH



Sparkling jewels, darting in and out,  
Chasing one another all about.

Hummingbirds are full of energy.  
You must look quick, they are hard to see.

Their wings move so fast  
They make a humming noise.  
Humming is what, the hummer enjoys.



Imagine you're a hummingbird humming about.  
Breathe deeply through your nose,  
Humming in and out.

Practice humming and breathing together.  
As you breathe deeper, your humming gets better.

You can flap your arms,  
But they won't make a sound,  
So hum with your nose  
As you walk around.







Sweet nectar is what you seek.  
Your mouth is a long pointed beak.

All the flowers are smiling at you,  
Their many colored faces all covered with dew.



The fragrance of flowers fills the fresh air.  
Their colorful faces are everywhere.

Hum around to each and every one.  
Humming is how you love to have fun.

Your lungs are filled with the smell of clover.  
Energizing your blood, making you tingle all over.

Play hummingbird for 3 to 10 minutes  
Place paper flowers around your home or play  
area to encourage continued participation.  
Try humming a favorite tune.

# BLOW HARD WHALE



Let's go for a swim with the whales,  
Blowing our spouts and splashing our tails.

We are going to play a breathing game,  
Blow Hard Whale is its name.

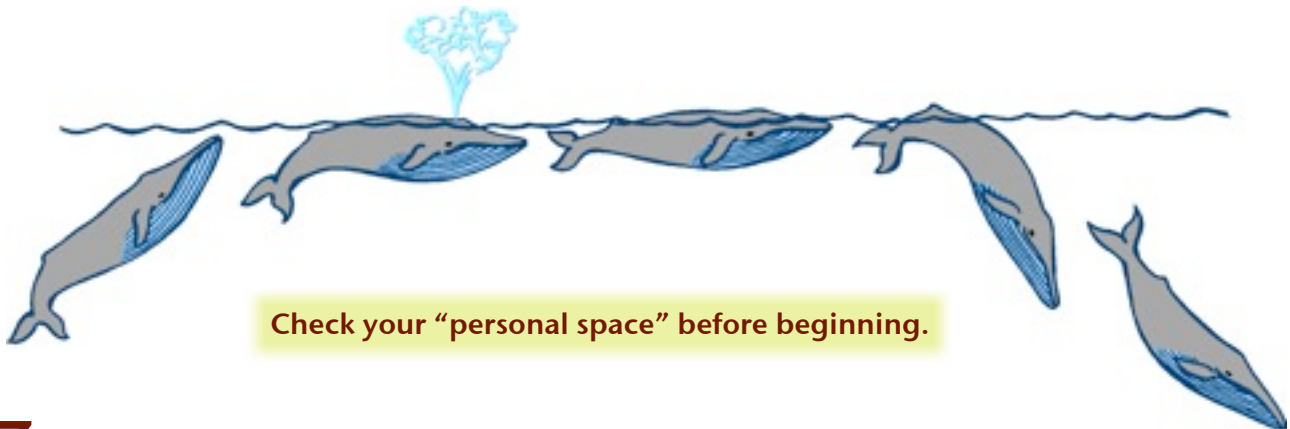
Hold your arms up, they are your long whale nose.  
Stretch long and tall as your whole body grows.

You are a blue whale,  
One hundred feet long you've grown.  
You're the largest creature  
The world has ever known.

Breathe deeply, you are a whale,  
Then blow out through your mouth,  
With a mighty exhale, "W H O O S H!!!"

Push out your stomach, then your chest.  
Breathing slowly and  
Deeply through your nose is best.  
Then blow, "W H O O S H!!!"

Breathe deeply until your lungs are full.  
Feel strong, alive and powerful.  
Then blow, "W H O O S H!!!"



Check your "personal space" before beginning.

Breathing is something humans do without thinking.  
Whales must remember to breath to keep from sinking.

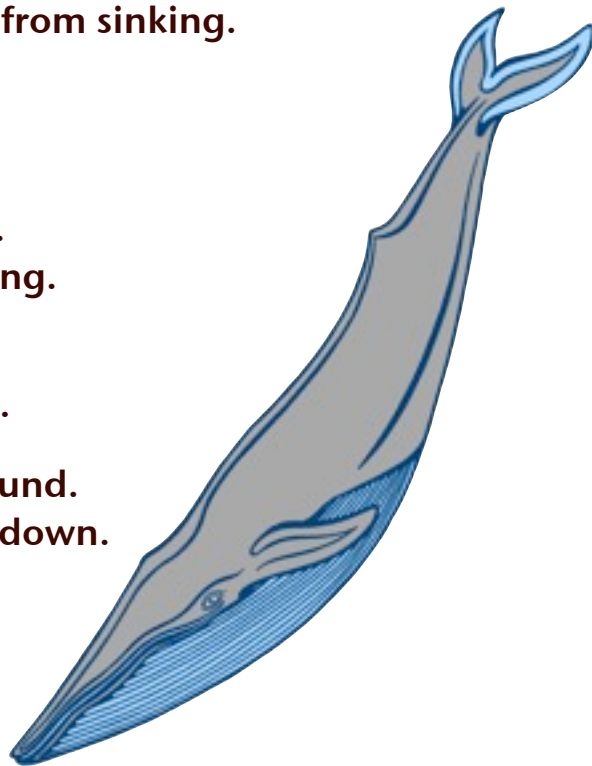
You are a whale, big in every way.  
You make big splashes, when you play.

Take big deep breaths, as you swim along.  
With lots of practice, your lungs grow strong.

Bend your waist from side to side.  
Imagine you're swimming the ocean wide.

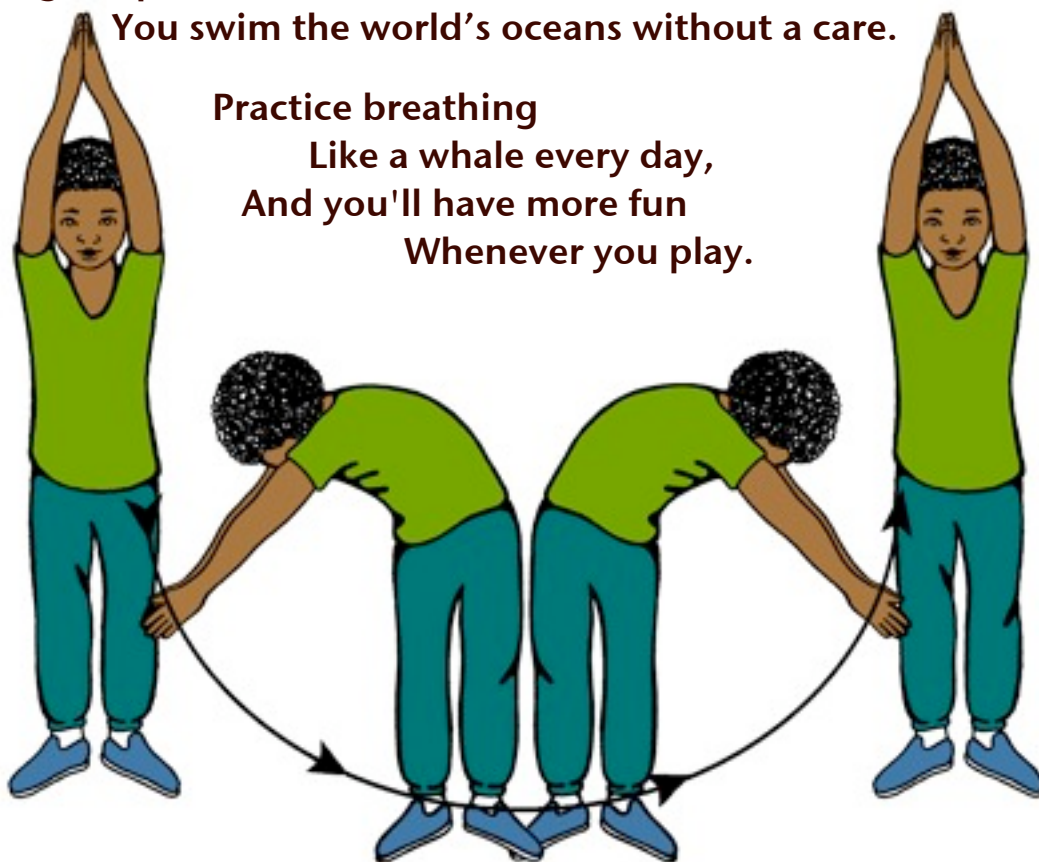
Slowly swing your arms and shoulders around.  
Imagine you're diving deep down, down, down.

Now rise up to the surface and blow out!  
Whoosh! is the sound  
I want you to shout!



Take big deep breaths of fresh sea air.  
You swim the world's oceans without a care.

Practice breathing  
Like a whale every day,  
And you'll have more fun  
Whenever you play.



# DRINKING GIRAFFE

How tall would you have to be . . .  
To eat leaves from a tall tree?

Imagine you are very tall.  
You're a giraffe, standing above them all.

Clasp your hands above your head, reach high.  
Your thumbs are the giraffe's  
Two short horns, sticking up in the sky.



Your small fingers, are a long slender nose.  
Imagine being a giraffe, your whole body grows.

There is one problem, getting a drink.  
To answer this question, the giraffe must think.

"I'll slowly spread my legs apart.  
"Then my mouth will reach the water.  
I'm so smart!"

Next, relax your shoulders, neck and back.  
Let your upper body go slack.

Now just a little, bend your knees,  
So you can touch, the ground with ease.

Keep your arms straight,  
Lower your chin to your chest.  
Slowly lean forward,  
Bending your back is best.



Tighten your stomach, and  
Reach your giraffe head  
Down to the ground.  
Take a long, cool drink of fresh water,  
And make a drinking sound.

“Gl-ug-g-g, Gl-ug-g-g, Gl-ug-g-g”

Slowly curl back up,  
Stretch straight and tall.  
Lower your arms and relax,  
You are once again small.



Repeat 3 to 5 times if you like. Hold the  
down position 5 to 30 seconds.

# CAT STRETCH

Lie down and r-e-l-a-x . . . ,  
Imagine you're a cat,  
All curled up on your sleeping mat.

Oh cat, asleep on your bed,  
It's time to stretch you sleepy head.



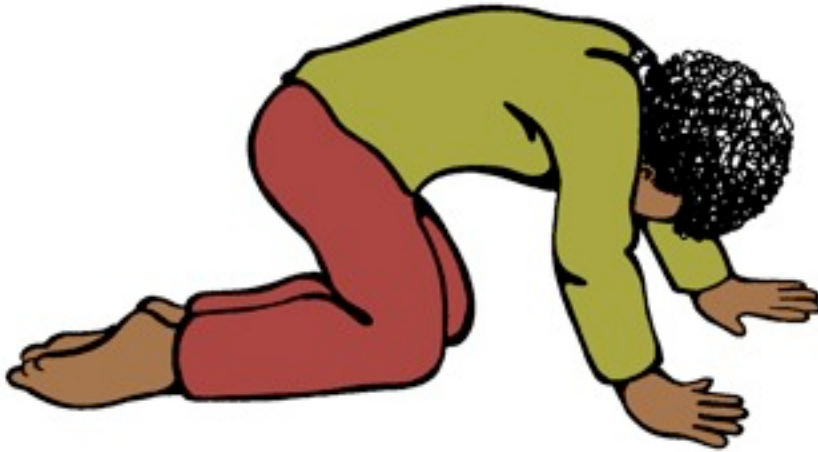
## DO PUR-R-R-FECT STRETCHES

Before you get up,  
Stretch your whole body out,  
From the tips of your toes,  
To the end of your snout.  
"Meow, Pur-r-r Pur-r-r Pur-r-r."



Your ears twitch, what was that?  
Slowly roll over and get up, listen cat!

Was that a dog?  
"Woof! woof! woof! woof!"  
Take a deep breath, and  
Stretch your back to the roof.



Let out a long "Hissss! Hissss!"  
Be careful, something is amiss.  
"Hissss! Hissss!"

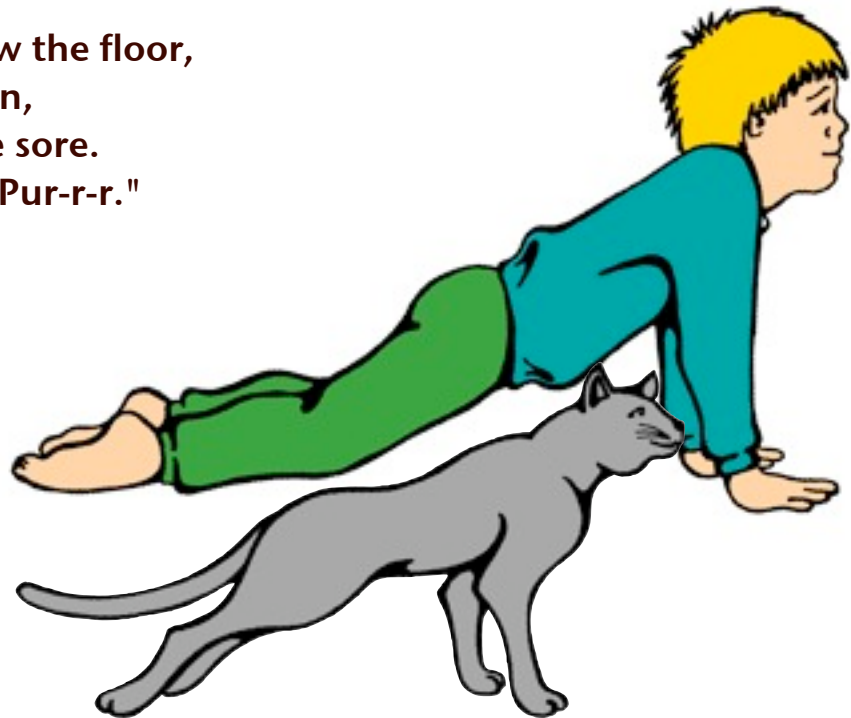
Breath easy,  
It's only Old Dog, your friend.  
R-e-l-a-x again,  
Your back doesn't need to bend.  
"Meow, Pur-r-r Pur-r-r Pur-r-r."





Now, sit back on your hind legs,  
Stre-e-e-etch out your front paws,  
Stretch your front legs, your shoulders,  
Your back, and your claws.

Reach forward and claw the floor,  
Stretch as far as you can,  
But not till you're sore.  
"Meow, Pur-r-r Pur-r-r Pur-r-r."



Next, lift your shoulders,  
Straighten your arms, legs, and back . . . ,  
Then relax and let your body go slack.





Your back legs are next,  
Slowly lift and stretch one . . . ,  
Then stretch the other . . . ,  
Stretch each leg several times and you are done.

You love to stretch, it feels great.  
Stretching helps your muscles work first-rate.

You love your body all covered with fur.  
Take a deep breath, you feel great,  
"Pur-r-r Pur-r-r Pur-r-r."



Practice with your child and repeat this movement each morning when they awake to make getting out of bed an enjoyable experience. Repeat as often as you like, hold the positions 5 to 30 seconds.

# SOARING EAGLE

Soaring eagle, at home in the sky,  
On two broad wings, you soar so high.

You soar with the wind, among the clouds,  
Far above the earthbound crowds.



## FLY LIKE AN EAGLE

Spread your arms, but keep your feet on the ground.  
Pretend you fly as you move all around.

Eagles soar high in the sky.  
You can soar in your mind; imagine you fly.

Imagine your arms are wings,  
And your body is light.  
Now catch the wind and take off in flight.



Fly children, what can you see?  
High above the earth what can it be?

Flap your wings and fly fast.  
When you are tired, soar in slow circles, so the fun will last.

You are an eagle, strong and proud.  
Cry like an eagle, "Che he he he he," out loud.

You soar with the wind among the clouds,  
Far above the earthbound crowds.

Only the mountains seem big from up here.  
Breathe deeply of the air that is fresh and clear.

Gracefully, eagles soar anywhere,  
Cross country on currents of air.

Soaring with eagles is wonderful fun.  
Play until you're tired, then you're done.



Be sure the play area is clear of obstacles that might hurt a soaring eagle's wings. You can walk or run in one place and fly like an eagle if space is limited.

# MONKEY SWING



Monkey climb and monkey swing,  
Through the air without a wing.

Limb to vine, tree to tree,  
Above the ground wild and free.

## CLIMB AND SWING

Use your imagination,  
Pretend to climb a tree.  
Watch your step, climb carefully.

Be careful when you climb and swing.  
Playing safe is the most important thing.

Let's climb up into the fresh air.  
There are plenty of trees,  
The monkeys will share.

Start out slowly, be careful, don't fall,  
"Ah-Ah! Ee-Ee! Oo-Oo!" is your monkey call.

Reach and climb with your hands and feet.  
Monkey business is really neat.

Stretch your whole body from finger to toe.  
Say, "Hey monkeys, Ee-Ee! Ah-Ah! Oo-Oo! Hello!"

You will need to breathe deeply to help you keep going,  
To get your heart pumping fast and your blood flowing.

It's a very long way to the top.  
Climb fast or slow, if you're tired stop.

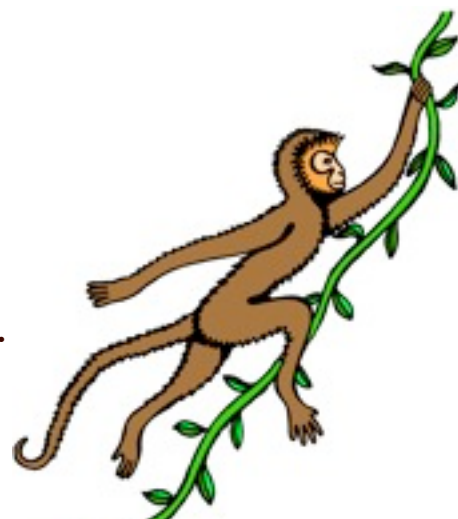


We've reached the treetops,  
Now swing from limb to vine.  
Monkeys love to play and that's just fine.

Reach and grasp, hold and swing,  
As you soar through the air without a wing.

Swing from limb to vine, from tree to tree,  
Above the ground, wild and free.

Swing like monkeys high up in the trees,  
Like acrobats on the trapeze.



Now swing slowly for a while to cool down,  
Say goodbye to the monkeys  
And make a monkey sound.  
“ Ee-Ee! Ah-Ah! Oo-Oo!”

Be sure the play area is clear of obstacles that might hurt a swinging monkey. You can walk or run in one place to climb and swing like a monkey if space is limited.

# STORK STAND STILL

The stork is a graceful and patient creature.  
For balance, the stork is a good teacher.

Standing on one leg, is what storks love to do,  
With practice, I'm sure you will too.

Being patient is the stork's favorite way to eat.  
Storks think snakes and fish taste sweet.



## ONE LEG AT A TIME

Stork stand still, stand straight and tall,  
Standing on one leg, you never fall.

Stork stand still, not so much as a twitch.  
When one leg gets tired, you just switch.

To be a stork, you must learn to stand still.  
It helps to hold someone's hand, if you will.

Slowly lift one leg off the floor,  
Each time lift it a little more.

Stork standing is a motionless dance,  
Relaxing and breathing will help your balance.

When one leg gets tired try your  
Other for a while.  
Stork standing will make you smile.





Sometimes you stand  
With your wings in the air,  
You look kind of funny,  
But you don't care.



Storks can fall asleep standing on one leg,  
Try closing your eyes.  
Practice makes perfect, it may take twenty tries.

It takes good balance to stand very long,  
But one at a time, your legs will grow strong.

Can you stand a different way?  
Think of different ways to play.

Stand on one leg,  
*... pause & relax ...*  
Now, try closing one eye.  
*... pause & relax ...*  
Next, close both, please give it a try.

Stork stand still, stand straight and tall,  
With patient practice you never fall.



# PUPPY CHASE YOUR TAIL

**CAUTION!** Clear the play area. Spin in circles slowly.  
Change directions when you feel dizzy.  
Always stop before you fall down from dizziness.  
Practice daily. Be careful, or don't play this game.

Puppy chase your tail, around and around,  
You look so funny, you're a round-about hound.

Your tail always one step ahead of your nose,  
Around and around, your whole body goes.



## ROUND AND ROUND YOU GO

Pretend you're a puppy who likes to have fun.  
You like to keep going when everyone's done.

Your mom is busy and your friends are tired,  
But instead of being mad, you become inspired.

Instead of just lying around chewing on a bone,  
You learn to play a game all alone.

You invent a game that's easy to play.  
Now you turn circles every day.

It takes practice, so start out slow.  
Soon, around and around and around, you will go.

You'll get dizzy if you turn too fast.  
Please take it easy, so the fun will last.



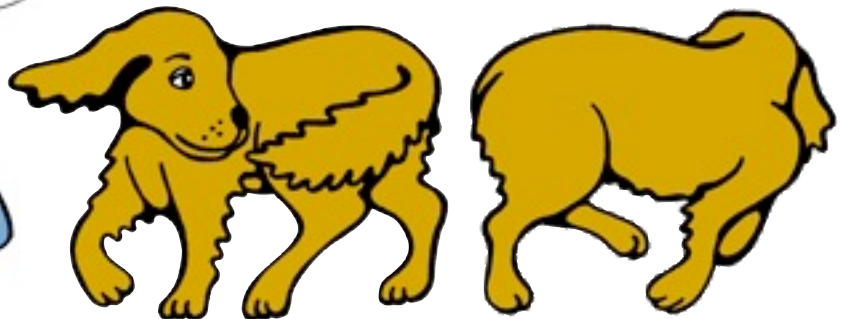


Puppy chase your tail, around and around,  
You look so funny, you're a round-about hound.

Your tail always one step ahead of your nose,  
Around and around, your whole body goes.

Pretty soon you'll be spinning like a top.  
Around and around, you'll not want to stop.

Now everyone wants to play with you,  
And you all have something fun to do.



Don't forget to bark!

# HORSE SHAKE



Horses shake because it feels good and it's fun.  
Horse shaking is good fun for everyone.

When horses are sweaty, hot and tired,  
A good long shake is what's required.

Shaking gives horses energy,  
It makes them laugh and sing, "Whiney he he he he!"

If you were sitting on a horse when it was shaking,  
You might think the earth was quaking.

## SHAKE IT UP!

Shaking is good for you.  
It's a smart thing to do.

If you feel tense,  
A relaxing shake will help you unwind.  
It will massage your muscles,  
And clear your mind.

Imagine you are a horse,  
You have a long mane and tail, of course.

Horses shake when they get up from lying around.  
After a long run, they shake and make a horse sound,  
"Whe-e-e-e he he he he he!"



First, gently, shake your head, your hair and your face,  
Relax as you shake, this isn't a race.

Whinny, "Whe he he he!"

Now try shaking your arms,  
Shoulders and chest,  
Relaxing while shaking,  
Is the best.

Whinny, "Whe he he he!"



Next shake your thighs,  
Your rump,  
Your waist and your belly,  
Quiver and shake  
like a bowl full of jelly.

Whinny, "Whe he he he!"

Finally, relax and shake your feet,  
Your calves, and your knees,  
Shaking, and relaxing,  
This game is a breeze.

Whinny, "Whe he he he!"

Ok, now try to shake it all,  
Be careful, don't trip and fall.  
Whinny, "Whe he he he!"



Practice individual body parts first.  
Shake any time you feel angry, tired  
or tense.  
Discourage wild or jerky motions,  
especially of the head and neck.

# LET THE SLEEPING DOG LIE

Let the sleeping dog lie, lying there all alone.  
Let the sleeping dog lie, lying there like a stone.

Dogs sleep anywhere, anytime.  
They love to sleep, anyplace is fine.

Relaxing is their favorite sport.  
Dogs are just the relaxing sort.



Let's relax like the dogs do.  
Relaxing is very good for you.

Imagine what kind of dog you would like to be.  
I hope your dog is friendly.

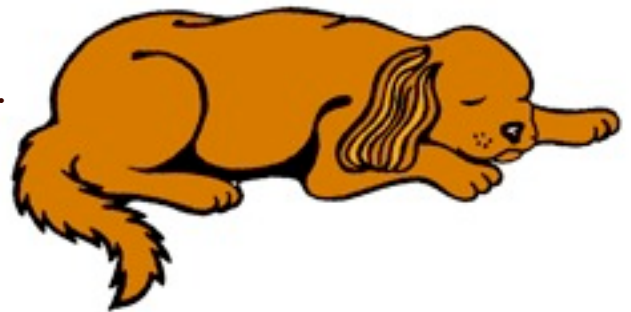
Lie down, stretch out and Y-a-a-w-w-n.  
Imagine you're lying on a soft green lawn.

Get as comfortable as you can be.  
Perhaps you need to scratch a flea.

Dogs lie around in many different ways,  
Sleeping away the nights, sleeping away the days.

Now, choose your favorite way to lay . . . ,  
Close your eyes this is sleepy play.

Take a few deep breaths, relax all over . . . ,  
Then breathe easily, you sleepy rover.



Use the Sleeping Dog to help your child relax before nap or bedtime. Read slowly with a calm soothing voice. Record your voice, so you can enjoy a relaxing break as well.

Ever so still, and oh so quiet,  
Like an old dog lying still, won't you please try it?

Dogs like to stretch as much as cats do, so stretch out.

Then r-e-l-a-x . . . ,  
Stretch your fingers, your arms, shoulders and neck.

Then r-e-l-a-x . . . ,  
Point your toes and stretch your feet, legs and hips.

Then r-e-l-a-x . . . ,  
Stretch and straighten your back.

Then r-e-l-a-x . . . ,  
Now tighten your stomach and chest muscles.

Then r-e-l-a-x.

Y-a-a-a-w-w-w-w-n another big y-a-a-w-w-n if you will,  
While lying very comfortably still.

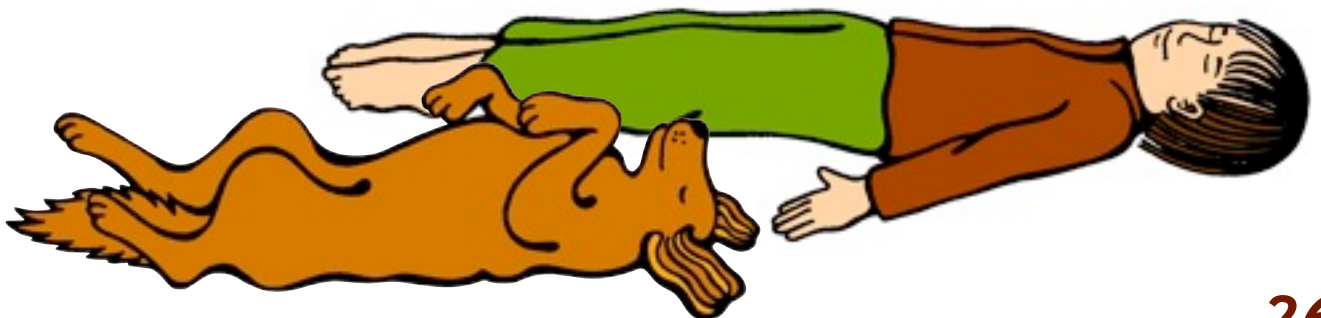
Dogs don't have much to worry about,  
As long as they come, when their owners shout.

They like to chew, on an old shoe or glove,  
But they especially enjoy lots of love.

Be like the dog, don't worry what tomorrow brings,  
Relax now, think about happy things.

Breathe slowly and deeply, let your troubles disappear . . . ,  
Slowly drift off to sleep, you have nothing to fear.

When you wake up, it will be a new day.  
You will be a new child, healthy, happy and ready to play.



# SPORTS MEDICINE TIPS

**This section is not meant to be a substitute for advice from a trained professional.** If your child is involved in an accident or experiences continued soreness or joint pain, contact your doctor.

There are two basic types of sports injuries **Trauma** and **Overuse**. Learn to treat them correctly.

**TRAUMA Injuries** include: cuts, abrasions, bruises, sprains, strained or pulled muscles and twisted ankles. Help prevent **Trauma** by following the **Safe Exercise Guidelines**. In case of **TRAUMA**, the first few minutes are the most important! **BE PREPARED!**

- Don't move an unconscious person.
- Don't move anyone who can't move all four of their limbs.
- Be calm, calm your child, speak softly and clearly, have your child **RELAX**.
- Assess the nature of the injury.
- For severe bleeding you may need to use a piece of cloth to slow the bleeding while calling emergency services.
- Otherwise clean the wound and treat it according to your doctor's advice.
- **DON'T HESITATE TO CALL AND ASK FOR MEDICAL ADVICE FROM YOUR DOCTOR OR HOSPITAL! NO MATTER HOW SERIOUS THE INJURY SEEMS TO BE!!**
- Even if there is no blood, a serious injury may have occurred.
- Without blaming anyone, find out what happened.
- Stay calm and determine if there may be broken bones or other internal injuries.
- Call the doctor for advice.
- Treat bruises, bumps, sprains, and twists with **(R.I.C.E)...Rest, Ice, Compression, Elevation**. If ice is not available, run cold tap water over the injury until it feels numb.

**OVERUSE Injuries** include: sore muscles and joints, too much of a good thing is bad. The symptoms of overuse should be treated seriously to prevent reoccurrence.

## To Cure Overuse Injury:

- Use **R.I.C.E., Rest, Ice, Compression, and Elevation**.
- **Don't use pain killers to continue to work or play!!!**
- Special self-help stretching, massage and conditioning exercises help cure these problems.
- Check the internet, and purchase a Sports Training and Medicine Book that teaches self-help healing methods.
- **Beware** of stress fractures and muscle damage, they can be misdiagnosed.
- Follow all the **Safe Exercise Guidelines**.
- Play safe and Have Fun!

## To Prevent Overuse Injury:

- **"NO PAIN, NO GAIN" is WRONG!**
- Practice a long term **PAINLESS** exercise program to avoid **Overuse Injury**.
- Change any activity that hurts, either slow down or stop till you feel better.
- Most importantly warm-up, cool-down and stretch.
- A moderate and regularly scheduled program that exercises the whole body cures and prevents injuries from returning.

## ***R.I.C.E. - Rest, Ice, Compression, Elevation***

- **REST:** Don't use the injured body part until the injury is healed, except for healing rehabilitation exercises.
- **ICE:** Place packs around and on the injury intermittently for the next 24 hours.
- **COMPRESSION:** Wrap an ace bandage snugly around the bruised or twisted area.
- **ELEVATION:** Hold the injured part of the body above the heart.

## THANK YOU

The choices we each make combine to create our world. Regular exercise can energize the tired, strengthen the weak, calm the restless, and encourage the depressed. Exercise, along with good food, fresh water, and plenty of sleep are the cornerstones of a healthy lifestyle.

The best insurance against sickness is preventive medicine. But, it all starts with each individual taking responsibility for taking care of themselves, their family, their community, and the world around us.

Thank you for taking this step to help your child lead a healthier, happier life. Now keep it up and have fun.

## HELP SPREAD THE WORD

Please help spread the word:

- Tell your friends
- Buy a copy for your local school & daycare
- Email our link to your mailing list
- Post our link to websites and message boards
- Write an article or book review for a local paper or newsletter



Get involved:

- Join the Review Board
- Teach the program
- Recruit program sponsorship
- Suggest contacts
- Help finance production

## ANIMALS FOR ALL



I want all children to have the chance to be healthy. **“Animals for All”** is a project designed to provide “Animal Exercise Fun” free of charge to anyone who needs it. Please tell your child’s teacher and your friends to visit our website and download the free e-book.  
[www.AnimalExerciseFun.org](http://www.AnimalExerciseFun.org)

Thanks again, mike

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# ABOUT THE AUTHOR

As an artist, poet, creative writer and researcher, I've dedicated my talents to the environment, childhood health, and education.



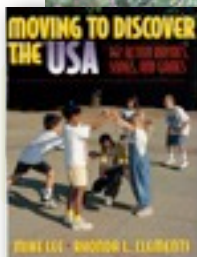
For 12 years, I worked at my local library, designing, developing and promoting programs for children. Here I am promoting our Summer Reading Program. I am not a real cowboy, and can't play the guitar, but it was fun pretending.



I live in Idaho, and have worked for 20 years to help protect the natural world around me. Children, animals and nature give me hope for the future.



Another book, I co-wrote with Dr. Rhonda Clements, was published by Human Kinetics Publishers. Many more are still hiding on my computer and in my imagination.



Wherever I go, I make art from whatever I find in nature. Then, I take pictures of my creations, because they soon disappear. I also collect heart shaped rocks.



To contact me, visit the [AnimalExerciseFun.Org](http://AnimalExerciseFun.Org) website.  
Be healthy, play safe, and have fun!  
And thanks to the trees . . . love, mike