

free spirit

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BE FIT, BE STRONG, BE YOU

by Rebecca Kajander,
C.P.N.P., M.P.H.,
and Timothy Culbert, M.D.

Awards for this series:

Mom's Choice Award

**National Parenting
Publications Award
(NAPPA)**

**100 Best Children's
Products—Dr. Toy**

**10 Best Socially
Responsible Products—
Dr. Toy**

Tweens Can “Be the Boss” of Their Health

**For
Immediate
Release!**

Minneapolis, MN—What can tweens do to make fitness and wholesome eating easier and part of their daily lives? Plenty. They have the power to be the boss of their bodies and take charge of their own health and wellness. That's what **BE FIT, BE STRONG, BE YOU** is all about.

BE FIT, BE STRONG, BE YOU by Rebecca Kajander, C.P.N.P., M.P.H., and Timothy Culbert, M.D. (Free Spirit Publishing, \$9.99) provides easy-to-use tools healthy kids need to learn effective self-care skills to take control of their fitness and diet while developing positive self-esteem. Whether they are underweight, overweight, or just the right weight, this book shows kids how to take a positive, holistic approach to their well-being.

Part of the award-winning *Be the Boss of Your Body*® series, **BE FIT, BE STRONG, BE YOU** includes helpful information on planning meals and healthy on-the-go snacks, food journaling, building exercise into the day, and using affirmations. These are accompanied by self-care skills such as belly breathing, positive imagery, aromatherapy, acupressure, and yoga.

BE FIT, BE STRONG, BE YOU helps kids:

- learn how the right food can help them be healthy
- find the healthiest weight for their bodies
- increase their self-confidence
- feel better for school, sports, hobbies, and other activities
- look their best
- discover fun ways to be active

A note to grown-ups at the back of the book includes information for adults on supporting and encouraging healthy choices, recommendations for eating, physical activity, screen time, and more.

No matter how healthy kids are now, they can do more to help themselves and take charge of their health and wellness.

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● 6" x 8" ● for ages 8 & up

About the Authors



Rebecca Kajander, C.P.N.P., M.P.H., has treated children and adolescents for nearly 40 years, has helped hundreds of children take care of themselves using self-care skills, and has helped many more understand and live with ADHD. In 2000, Rebecca was named “Pediatric Nurse Practitioner of the Year” by the Minnesota chapter of the National Association of Pediatric Nurse Practitioners.

Rebecca has been a lifelong resident of Minnetonka, Minnesota. She’s married and has a grown son. When not working, Rebecca enjoys yoga and doing just about anything outdoors.



Timothy Culbert, M.D., is a behavioral and developmental pediatrician with training in biofeedback, medical hypnosis, and holistic medicine. He is the medical director for the Integrative Medicine Program at Children’s Hospitals and Clinics of Minnesota. Tim gives presentations nationally and internationally and publishes widely on mind-body skills training with children and teens. He has helped kids in clinical practice for 15 years, with special interests in teaching kids self-care skills.

Tim lives in Greenwood, Minnesota, with his wife, Heidi, and teenage children, Sam and Hannah. He enjoys traveling, cooking, writing, hiking, and various creative endeavors.



About Free Spirit Publishing (www.freespirit.com)

Meeting kids’ social, emotional, and educational needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people’s social-emotional and educational health. Free Spirit’s mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.