

Mp3 Justin Locke - Fitness Fairy Tales



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a fun exercise / workout program for 2 to 7 year olds, with songs and stories 15 MP3 Songs in this album (27:08) ! Related styles: KIDS/FAMILY: Sing-Along/Interactive, KIDS/FAMILY: Educational Details: "This audio title is surprisingly effective with the 2 to 8 year old crowd . . . The program is entertaining and paced nicely, and the movements are easy to visualize." -- FAMILY FUN MAGAZINE "A lighthearted 'meeting of the reformed couch potatoes' leaves you wanting to listen- and stretch- again" -- SCHOOL LIBRARY JOURNAL With never-ending reports on the nightly news about the serious health problems of American children caused by lack of exercise, this program was designed to encourage kids at the earliest possible age to "get off the couch, and get on the program." Studies have shown that physical activity is terribly necessary to health, especially to young children, and this tape is designed to encourage movement, as well as introduce children to the correct techniques for exercise. We hope that having a fun introduction to exercise and fitness this will lead to longer and healthier lives. "Fitness Fairy Tales" was a team effort . . . It was conceived, written, produced and directed by Justin Locke. Justin Locke is well known in the symphonic world for his work with children, specifically his two programs for symphony orchestra family concerts: Peter VS the Wolf and The Phantom of the Orchestra. These programs have been done for hundreds of thousands of children, on 4 continents, in five languages. Mr. Locke is also the author of the popular musical memoir Real Men Dont Rehearse. You can read about these and his other creations on his website and blog at justinlocke.com. The music for Fitness Fairy Tales was composed by Jessica Locke. Ms. Locke has a Master of Music degree from the New England Conservatory, and has written the music for several PBS programs, including Race to the Moon on American Experience. Since 9/11, Ms. Locke has been very active in philanthropic efforts for injured firefighters. Dr. Avery Faigenbaum is a leading youth fitness researcher and practitioner with years of

experience working with children and teenagers. He is an Associate Professor in the Department of Health and Exercise Science at The College of New Jersey. Dr. Faigenbaum is a Fellow of the American College of Sports Medicine and the National Strength and Conditioning Association. He lectures nationally and internationally to fitness and sports medicine organizations, and has authored seven books and more than 100 scientific publications on youth fitness and conditioning.

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