

# Island Family Magazine

January 2006 Issue

## A New Year – A New You! FAMILY FITNESS IN 2006

Now that the holidays are past, it's time to get in shape for the year ahead. Most people's New Year's resolutions include some sort of fitness goal, and what better way to get in shape than to make it together-time for the entire family! We've compiled some great ideas to get you started on your way to a healthy and happy 2006:

### Infants & Toddlers

*AthleticBaby* offers a unique series of sports-and-fitness themed DVDs that are designed to introduce babies and toddlers to the benefits of sports, fitness and physical activity.

*AthleticBaby* DVDs use a lively array of imagery, babies and fun characters to introduce children to the concept of energetic play. Coming soon in 2006 will be basketball, soccer and tennis DVDs.

The current series includes:

■ **athleticBaby Walk, Run and Play!** explores the sport of running from a child's perspective, set to the music of children's songwriter Eddie Coker. Ages 3 months and up.

■ **athleticBaby Golf** presents the world of golf through exciting real-life images and energetic, playful music. Ages 3 months and up.

■ **athleticBaby All-Star** is an inspirational journey through a sports cornucopia including soccer, baseball, tennis and basketball. Ages 3 months and up.

\*Our series of *athleticBaby* DVDs gives parents the opportunity to encourage exer-



cise and fitness at a very young age," says Karen Foster, Founder and CEO of *athleticBaby*. "Viewing our sports-themed DVDs during playtime is something the

entire family can enjoy, while children can reap the health benefits of incorporating energetic activity into playtime."

*AthleticBaby* DVDs retail for \$16.99 and are available at [www.athleticbaby.com](http://www.athleticbaby.com).

### Preschool

#### Keiki Sports Skills Program

*Ohana Barring Cages* offers a Keiki Sports Skills Program for children ages 1 – 6. The program is designed to help young children develop motor skills and hand-eye coordination, develop a love for physical fitness, and understand the concepts of team play and sharing. The program also helps preschoolers build confidence and self-esteem early on while having fun.