



# The Fitness Fun Busy Book: 365 Fun Physical Activities for Toddlers and Preschoolers

*Trish Kuffner*

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**The Fitness Fun Busy Book: 365 Fun Physical Activities for Toddlers and Preschoolers** Trish Kuffner  
365 fun, physical activities to stimulate your child every day of the year. This latest title in a best-selling series for young mothers contains lively games and activities to keep toddlers and preschoolers busy and active. It offers great alternatives to watching TV or playing video games and other sedentary activities: Get Moving!; Water Fun; Outdoor and Indoor Activities; Creative Movement; Holiday Activities. The Fitness Fun Busy Book is written with warmth and sprinkled with humour and insight. This book should be required reading for anyone raising or teaching pre-school children.

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