

For Kids Ages 2 to 5

Picture Books

F CRO Cronin, Doreen

Stretch

F FLE Fleming, Denise

Lunch

F SPI Spinelli, Eileen

Miss Fox's Class Shapes Up

F THO Thompson, Lauren

Hop, Hop, Jump!

Nonfiction

J 613.2 SE1E Sears, William

Eat Healthy, Feel Great

J 613.71 R81G Royston, Angela

Get Some Exercise!

J 641.5 B85M Buck-Murray, Marian

The Mash and Smash Cookbook

J 641.5123 K14T Karmel, Annabel

The Toddler Cookbook

Media

F CD MUSIC WIL

Chicken Fat & Five Minutes for Fitness

J DVD BEA

Visiting the Doctor with Bear

J DVD ELM

Elmo's World: Food, Water & Exercise

J DVD 613.7 R61R

Rodney Raccoon: Fun with Fitness!

J DVD 613.7 S13S

Silly Willy Workout

For Kids Ages 6 to 12

Fiction

F READER MAY May, Eleanor

The Great Shape-up

J DAC Dacy, Matthew

Let's Visit Mayo Clinic with Dr. Jack the Helping Dog

Nonfiction

J 613.2 B64H Borgert-Spaniol, Megan

Healthy Eating

J 613.2 G79E Greathouse, Lisa

Eat Healthy

J 613.7 G79G Greathouse, Lisa

Get Moving

J 641.5 M4546 Katzen, Mollie

Salad People and More Real Recipes

J 641.5123 M4546 Mayo Clinic

Mayo Clinic Kids' Cookbook

Media

F CD MUSIC GRE

Kids in Motion

F CD MUSIC STE

Fitness Fun for Kids

J DVD 613.2 F58F

Fizzy's Lunch Lab: Fresh Foods 101

J DVD 613.7 K54KF

Kids Teach Yoga: Flying Eagle

J DVD 613.74 P56C

Classical Pilates: Kids & Young Adults

For Teens Ages 13 to 18

Fiction

YA BIE Biederman, Lynn

Teenage Waistland

YA CRA Crane, E. M.

Skin Deep

YA GOI Going, K. L.

Fat Kid Rules the World

YA SUP Supplee, Suzanne

Artichoke's Heart

Nonfiction

YA 158.128 K631N Kirberger, Kimberly

No Body's Perfect: Stories by Teens about Body Image, Self-acceptance, and the Search for Identity

613.0433 R637Y Roizen, Michael F.

You: The Owner's Manual for Teens : A Guide to a Healthy Body and Happy Life

YA 613.7043 B489F Bijlefeld, Marjolijn

Food and You: A Guide to Healthy Habits for Teens

YA 613.7046 B937Y Burns, Brian

Yoga for Beginners

YA 641.5 C192T Carle, Jill

Teens Cook: How to Cook What You Want to Eat

YA 641.5 L819T Locricchio, Matthew

Teen Cuisine

YA 646.34 SH73S Shoket, Ann

Seventeen Ultimate Guide to Style: How to Find Your Perfect Look

Books for Parents

613.2 Z662EK Goulding, Matt
Eat This, Not That! For Kids!

613.2083 B374S Bean, Anita
Sports Nutrition for Young Athletes

613.2083 J944W Lulien, Ronni Litz
What Should I Feed My Kids?

613.2083 SE17H Sears, William
**The Healthiest Kid in the Neighborhood:
10 Ways to Get Your Family on the Right
Nutritional Track**

616.398 F21F Texas Children's Hospital
**The Family Guide to Fighting Fat: A
Parent's Guide to Handling Obesity and
Eating Issues**

618.928526 N3971 Neumark-Stainer, Dianne
**I'm Like, SO Fat! Helping Your Teen Make
Healthy Choices about Eating and Exer-
cise in a Weight-Obsessed World**

641.534 G761T Graimes, Nicola
**The Top 100 Recipes for a Healthy
Lunchbox**

641.5622 SA11B Saab, Joanne
**Better Food for Kids: Your Essential
Guide to Nutrition for Ages 2 to 10**

641.56222 L588F Lewis, Sara
Fuss-Free Food for Babies & Toddlers

649.125 B291C Bashe, Philip
**Caring for Your Teenager: The Complete
and Authoritative Guide**

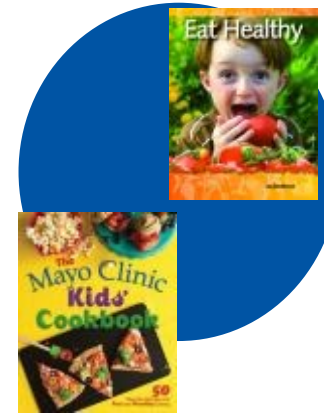
Media for Parents

J DVD 613 F73F
**Food and Fitness Matter: Raising Healthy,
Active Kids**

DVD 306.874 F586F
The 5 Essentials of Successful Parenting

DVD 649.1 J982D
**Just Add SPICE: Parenting for Happy,
Healthy Kids**

DVD 649.3 C437I
Childhood Nutrition: Preventing Obesity



Health and Wellness

Library Hours

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9:30 am - 9 pm

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Saturday (Summer)
9:30 am - 1:30 pm

Sunday (School Year)
1:30 pm - 5:30 pm

Sunday (Summer)
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