

Captain Fit's Guide To Good Health

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Book Title: Captain Fit's Guide to Good Health

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Genre of the manuscript: Non-fiction, elementary health, exercise, diet and nutrition, personal safety; ages 7-12

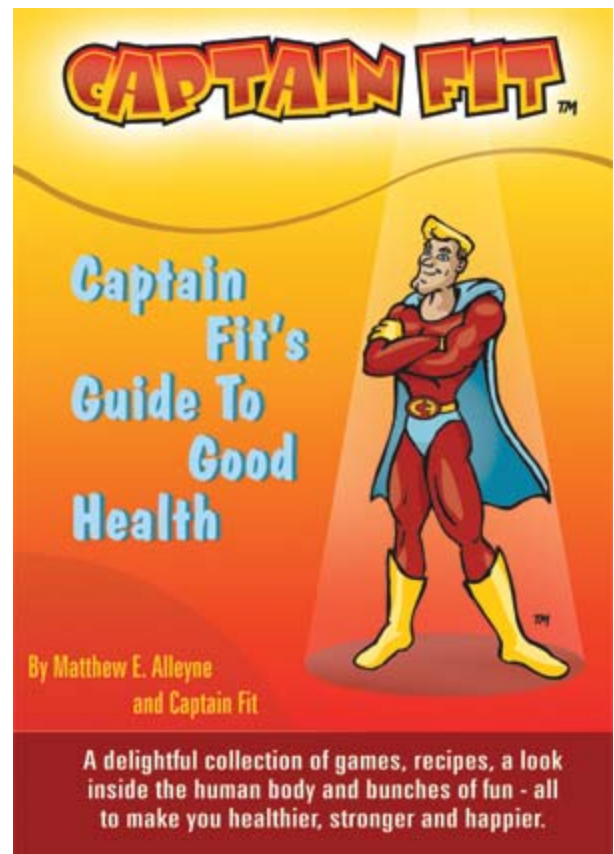
Author Bio:

Matthew Alleyne was born in New Zealand and now lives in Norway with his wife and two young daughters. A long-time, successful entrepreneur, and physical trainer, Matthew has devoted his time and resources to the development of the character of Captain Fit™ and to the establishment of the Captain Fit Foundation™. A portion of all proceeds from Captain Fit™ books and other materials is donated to the Foundation, which, in turn, provides funds to Children International®, Save The Children®, UN World Food Program®, Make-A-Wish Foundation and other children's charities.

Matthew's goal is to help children around the globe improve their quality of fitness through healthy eating, lifetime exercises and activities, and a sound knowledge of maintaining personal safety.

Synopsis of Manuscript:

Captain Fit's Guide to Good Health is a collection of fun facts, puzzles and games designed to teach children, ages 7-12, the value of good nutrition and exercise to the maintenance of overall fitness.



Captain Fit's Guide To Good Health

Avoiding pedantic lectures on these sometimes-difficult topics, Captain Fit's goal is to make learning fun. Further, the character of CF offers a friendly, super-hero persona to engage young readers.

Features Include:

- Wonders of the Human Body - age-appropriate anatomical illustrations w/labels
- Tossed Salad - scrambled word puzzles
- Captain Fit's Tasty Tidbits - age-appropriate recipes
- Healthy Habits - how to buy, store and prepare foods safely
- Fun Food Facts - food trivia
- Fun With Food - clue-based games

In addition, the Captain examines on-line safety tips, the importance of conserving and maintaining our water supplies, and introduces youngsters to a variety of games, exercises and family-based activities to promote fitness.

The text does not advocate the use of weight-loss diets for children, instead offering easy-to-implement substitutes for the empty calories children consume today. Captain Fit™ believes that, "Good health should not be difficult or painful."