



For Immediate Release

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**It's Not Too Late to Begin New Year's Resolutions for Families to Be Healthier
With a New Children's App From Elson M. Haas, MD**

(San Rafael, CA) It's not too late for families to create New Year's resolutions to be healthier and more physically fit. Renown integrated medical physician Elson M. Haas, MD and his kid-friendly cartoon persona, Dr. Sun, have just released a new children's app that teaches kids about the body and nutritional health called *Anatomix Comix*.

Anatomix Comix is an early childhood educational tool that offers a fun, interactive approach to teaching children about the science of their bodies. Published by children's entertainment company [Seasons Studios](#) and powered by mobile app developer RipplFX[®], the app is available on the App Store for the [iPhone[®]](#) and [iPad[®]](#). It includes nine original songs about the major body systems as well as interactive features where viewers can easily follow along with the lyrics or pause at any time to learn a new science fact. *Anatomix Comix* is also available on the Seasons Studios website in its original form as a colorful songbook and musical CD featuring twelve songs about the body.

According to Dr. Haas, once an overweight child with a penchant for junk food, he has a particular interest in wanting to help children develop good health habits. "At a young age I learned to replace my addiction to junk food with a passion for exercise and nutritious food. Teaching children about their bodies and how to make smart choices is essential for them to enjoy a long and healthy life."

Parents and teachers alike appreciate the interactivity of *Anatomix Comix* because it gets children excited to learn, singing along to songs like "B-B-B-Bones," "Thump-Thump" or "You've Got a lot of Nerves." As Dr. Sun says, "A song a day is a healthy way to play."

About Elson M. Haas, MD

Elson M. Haas, MD is the founder and director of the Preventive Medical Center of Marin in San Rafael, CA. He is a best-selling author of such books as *Staying Healthy with the Seasons* and *Staying Healthy with Nutrition*, as well as an educator, combining his background as a physician with his creativity and passion for educating families about health and the environment. To learn more, visit www.pmcmarin.com.

About Seasons Studios

Seasons Studios is **dedicated to educational entertainment for children and families in the areas of health, nutrition and the environment.** Through its unique line of interactive books, music, apps and anatomy t-shirts and socks, it is their hope that children, the world's most important investment, will grow up to value their own health and that of the world around them. Seasons Studios was co-founded by Elson M. Haas, MD and children's author and storyteller, Bethany Argisle. To learn more, visit www.seasonsstudios.com.

About RipplFX

RipplFX is a mobile media company that produces interactive storybooks on multiple platforms for iPad, iPhone, Android and webOS. Their professional team of producers, illustrators and animators craft their products to enhance interactivity in storytelling and to create an engaging learning experience. Using a proprietary development system, RipplFX builds quality and affordable apps for authors and publishers. To learn more, visit www.ripplfx.com.

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