

Ready . . . Set . . .



Stretch!

There's nothing like a good stretch before you jump or wiggle or bounce or run, and the ever-energetic author/illustrator team of **Doreen Cronin** and **Scott Menchin** show kids (and their parents) how a good stretch can be good fun!

Try these easy stretches to get you started!



Hold it right there!



**Can you stretch to the ceiling?
Can you stretch to the floor?**

Teach your favorite stretches to each other!



Stretch with a friend!

**Collect them all!
Available wherever books are sold.**



*A Child Magazine
Best Book of 2005*

Atheneum Books for Young Readers
Simon & Schuster Children's Publishing
KIDS.SimonandSchuster.com

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