

Food! Fun! Fitness!

NICK JR.

Family Magazine

35 BEST GROCERY GRABS

AT-A-GLANCE EATING GUIDE

NIGELLA'S BITES

5 DAY KIDS' MENU

SHAPE UP WITH THE PRESIDENT

VALENTINES, STICKERS & MORE

\$2.99 CAN BE BY FEBRUARY/MARCH 2004



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SPECIAL ISSUE

FOR PARENTS

mediopolis WRITTEN BY PABBARA HUSER

Funky Fitness

With interactive videos, DVDs, gadgets, and Websites, we've got lots of high-tech ways to get kids moving.

VIDEO VAULT

Tune in and Tone Up



GET ACTIVE WITH STINKY SHOE & COACH LAROO Animated characters Stinky Shoe and Coach LaRoo are on a quest for excitement at Camp Imagination. The duo invites the at-home viewer to get up and go. Ages 3-7. DVD, \$17.95; stinkyshoe.com

LANA'S LITTLE YOGIS KIT! East meets West when your young yogi pops in this video. From the down dog to the cobra, the moves are all here. Ages 3-8. \$34.95; lanana.com

DANCING FOR KIDS! Your little Ginger or Fred will learn the basics of ballet, tap, and jazz in this 30-minute DVD. Ages 4-6. \$19.99; activevideos.com

KIDS MOUNT WORKOUT! Created by a mother, this professionally choreographed and instructed aerobics video also teaches stretching and meditation.

GADGETS GALORE

COACH LAROO'S PUCK

Looks like a puck, feels like a puck, but it's no ordinary puck. This official NHL-sized hockey puck digitally measures the force and speed at which it travels—a perfect inspiration for extra time on the ice. Speedtronic PowerPuck 3.0. \$49; coachdepot.com



SOFTWARE

Break It Down

Players dance along to the steps scrolling on-screen while modern hipster music livens up the scene. **DDR MAX2 Dance Dance Revolution for PlayStation 2, Konami, \$39.99, \$59.99** including dancepad; Rated E; toysrus.com



GAHAM KIDS ON THE BALE KIT! It's big, yellow, and a whole lot of thrills. Kids roll, stretch, and improve strength and coordination with this exercise ball and video kit (above). Ages 3-6. \$19.99; target.com

EOE'S DANCE MOVES Paula Abdul gets little ones groovin' with moves from Asian dance to hip-hop on this Sesame Street video. Ages 2 & up. \$3.99; activevideo.com



WEB WORTHY

Active Sites

Click on one of these on-line destinations for more active ways to play.

Fitness.gov "Fit'n Active Kids" offers do-together activities for younger kids and a fitness handbook for those 6 and up.

Kidnetic.com This techy site (appealing to the double-digit ages) inspires kids to get active. Check out "Web Head Games" for kid-created ways to play.

Kidzhealth.org Even the gross topics (that kids just love) are covered on this interactive kid-friendly site all about health, fitness, and the body.

Nickjr.com Click to "A Parent's Guide to Let's Just Play" for fitness activity ideas for the whole family. Plus, kids can play sports with Nick Jr. characters.

Webnew.com Skateboarding? Biking? Dancing? Whatever a kid's "nerf," this site offers hip design, streaming how-to videos, and quality links to motivate kids to get going.