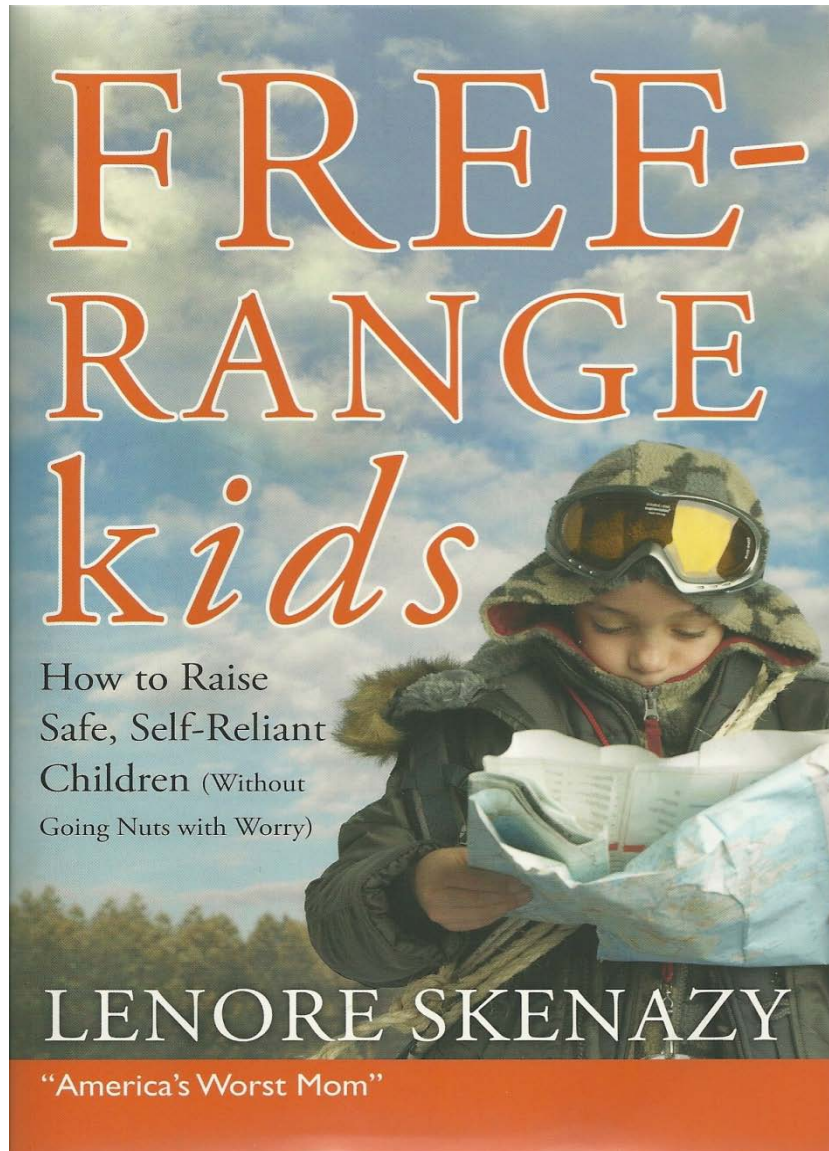


Red Wing Book Read!



Book Read Questions

What is something you did in childhood that allowed you freedom outdoors? Do children still do this today?

When reading the book, when did you say, "I want to try this" and "I would never try this"? Why and why not?

If you have wanted to give kids more freedom today, or in the past, what obstacles or concerns make it difficult?

How can you as a parent, grandparent, neighbor, friend, or resident help children feel comfortable and safe enjoying and exploring the outdoors on their own?

Why This Book?

Today's kids are more likely to live shorter lives than their parents due to sedentary habits and poor nutrition.

Children and teens average 7½ hours on entertainment media per day and less than 1 hour playing outdoors.

Kids need at least 60 minutes of daily activity to be healthy.

What Can You Do?

- * **Read the book.**
Discuss with friends.
Try one new step.
- * **Get books at the Public Library and Best of Times Bookstore.**
- * **Join the conversation on www.livehealthyredwing.org (click on Facebook).**
- * **Attend book discussion April 12 at the Public Library Foot Room from 6:30 to 8:00 p.m.**



www.livehealthyredwing.org