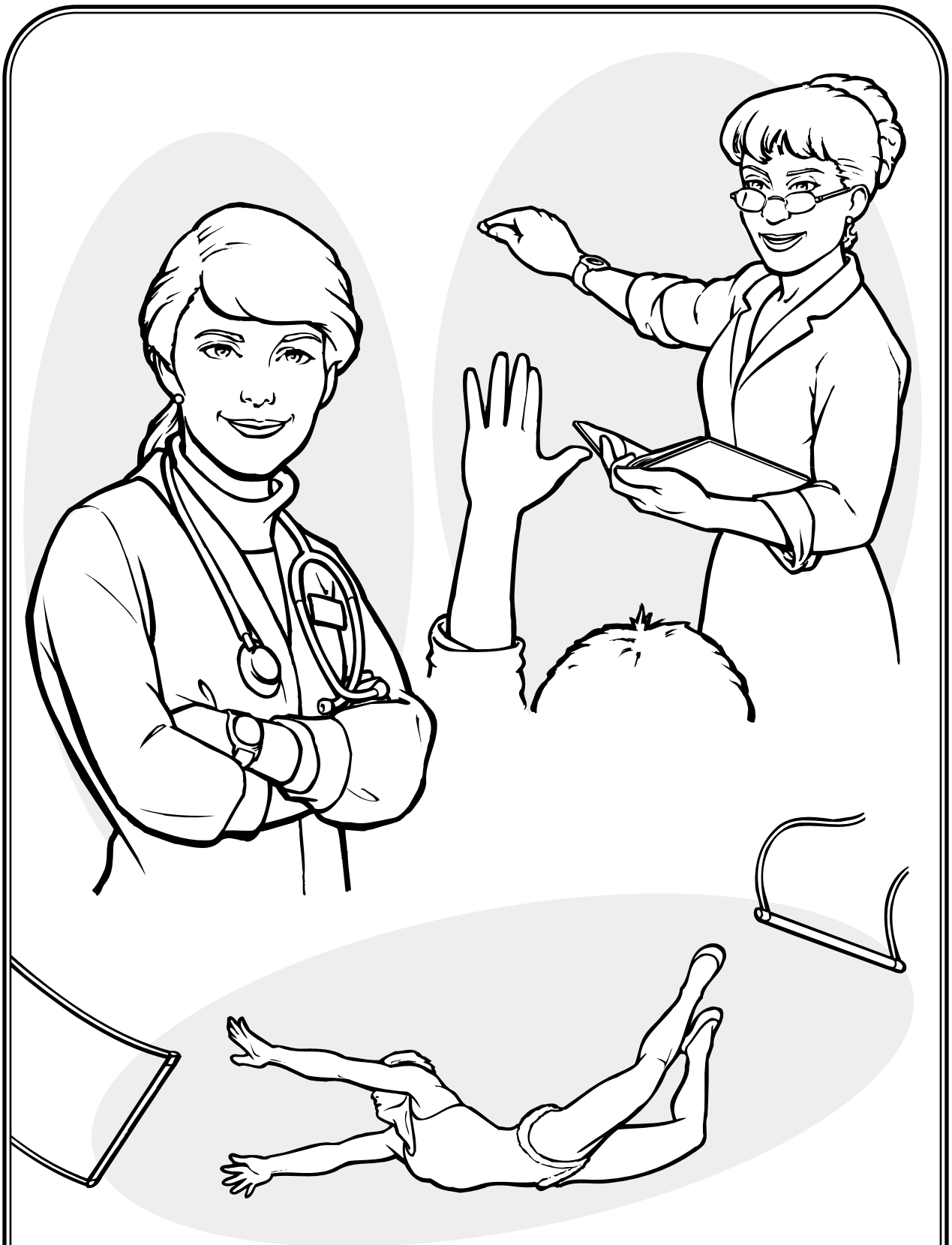




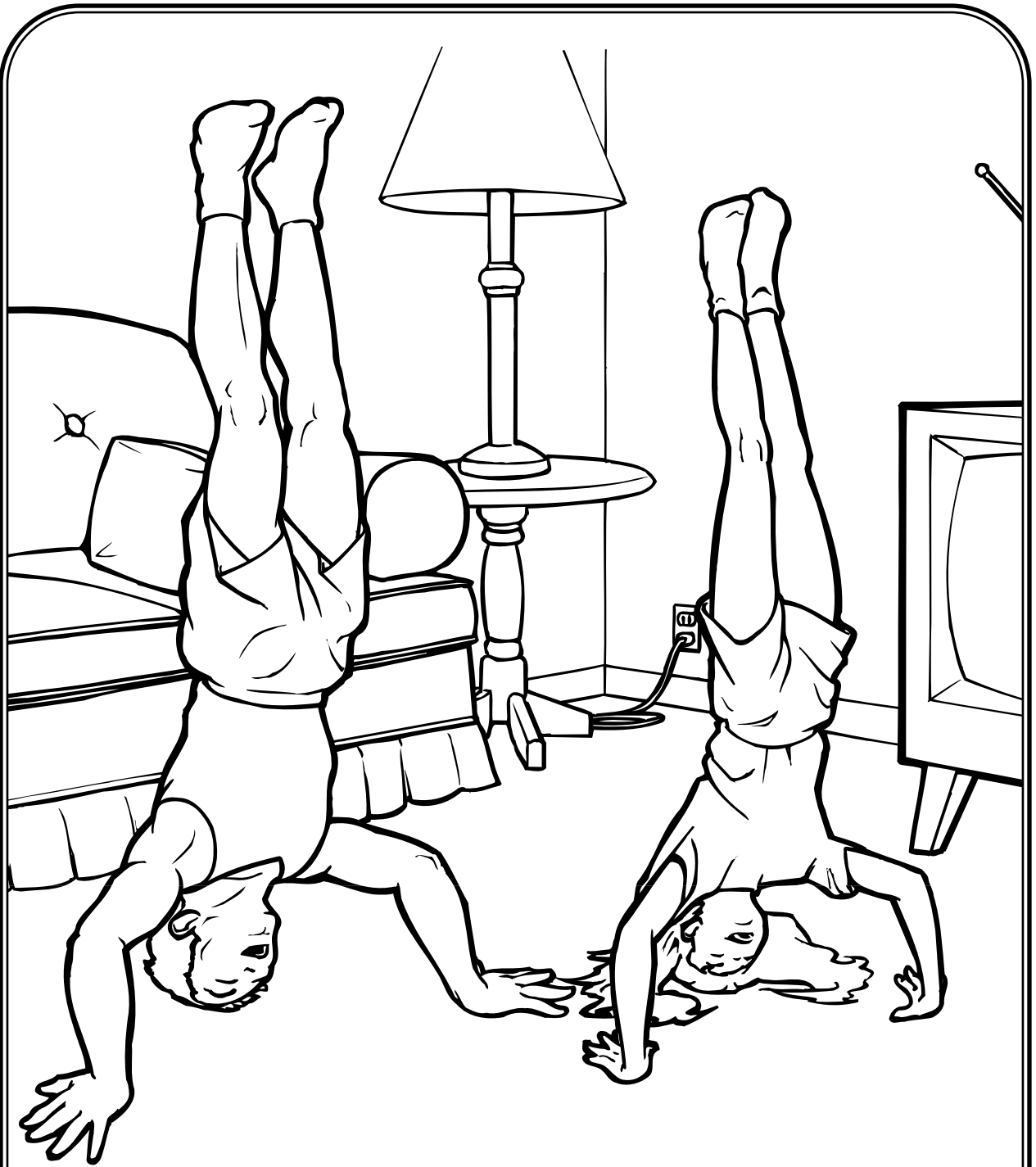
ACTIVITY & COLORING BOOK

When I was your age,
my mom shared her
favorite book with me-
The Wizard of Oz.
My mom and Dorothy
had something very
special in common.
They were both orphans.
Together, they taught me
how to make friends
and believe in myself. Sometimes, I
like to pretend that I'm Dorothy!
What's your favorite story?





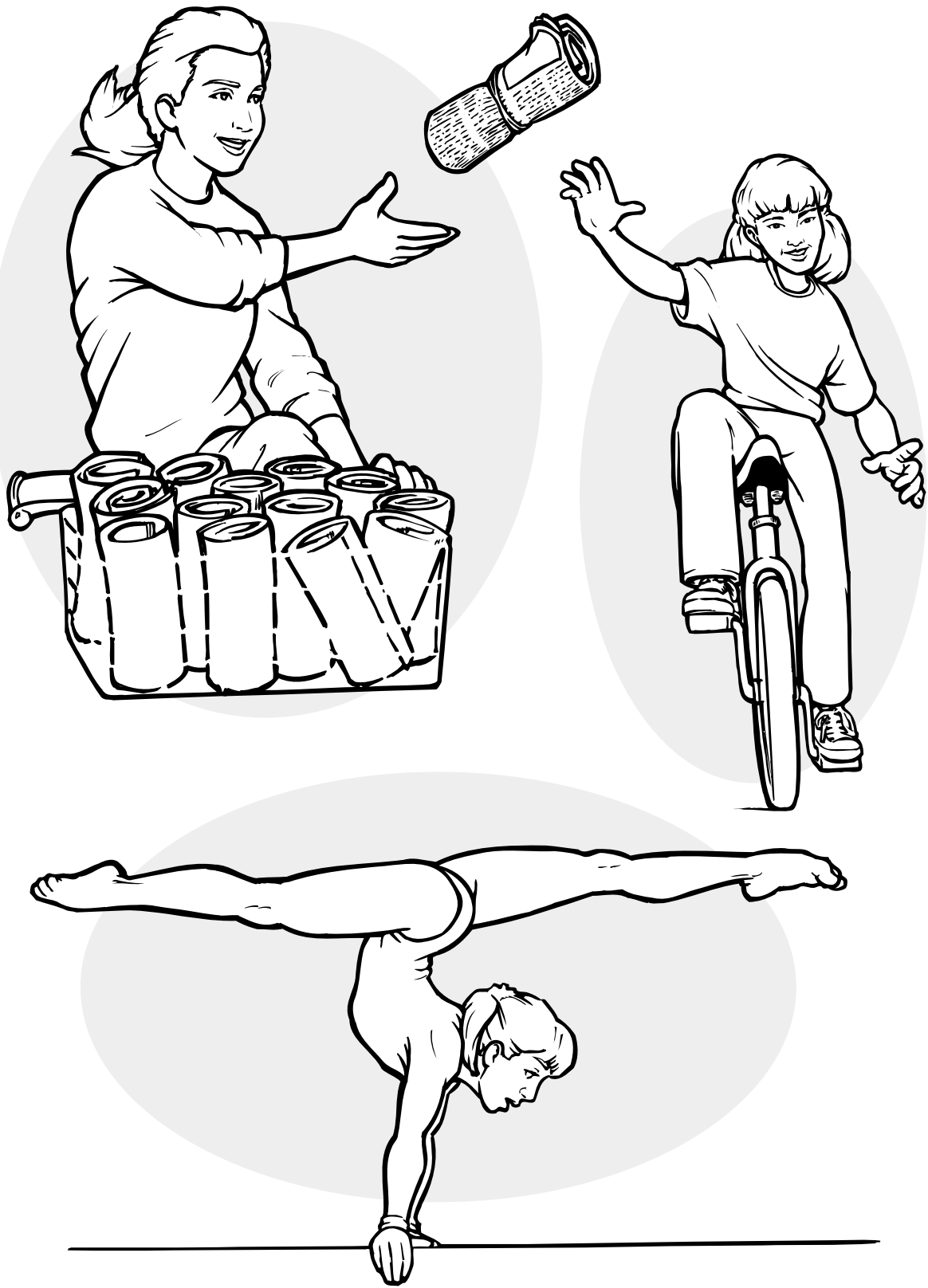
Mom and I would imagine what I might be when I grew up.
Mom wanted me to be a doctor or a teacher.
I wanted to be a trapeze artist in the circus.
What do you want to be when you grow up?



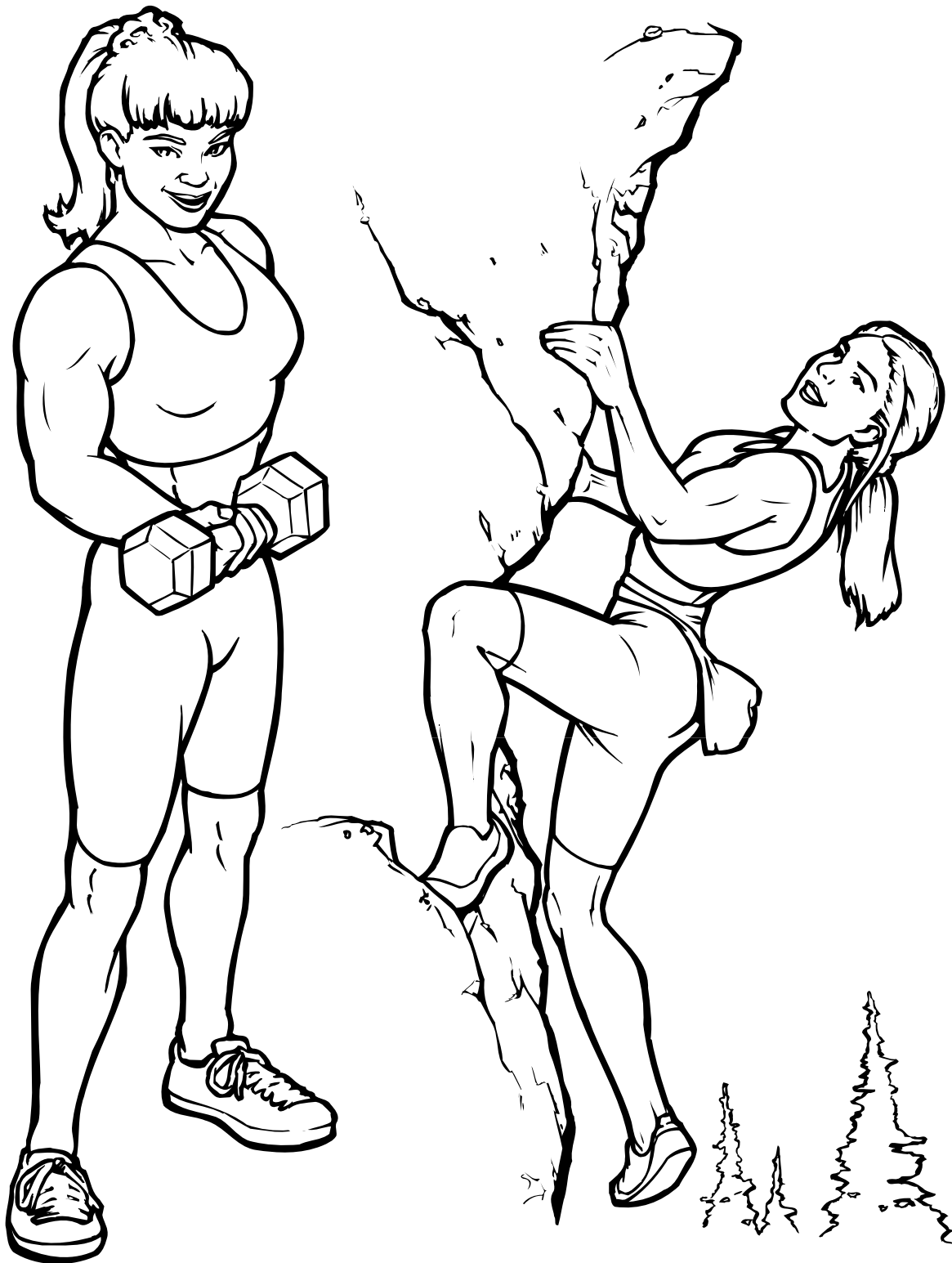
My Dad is very fit. One day, he stood on his head in the living room. He told me, "A goal is something you really, really want and is something you work really hard for." My goal was to stand on my head, just like Dad.

What is your goal?

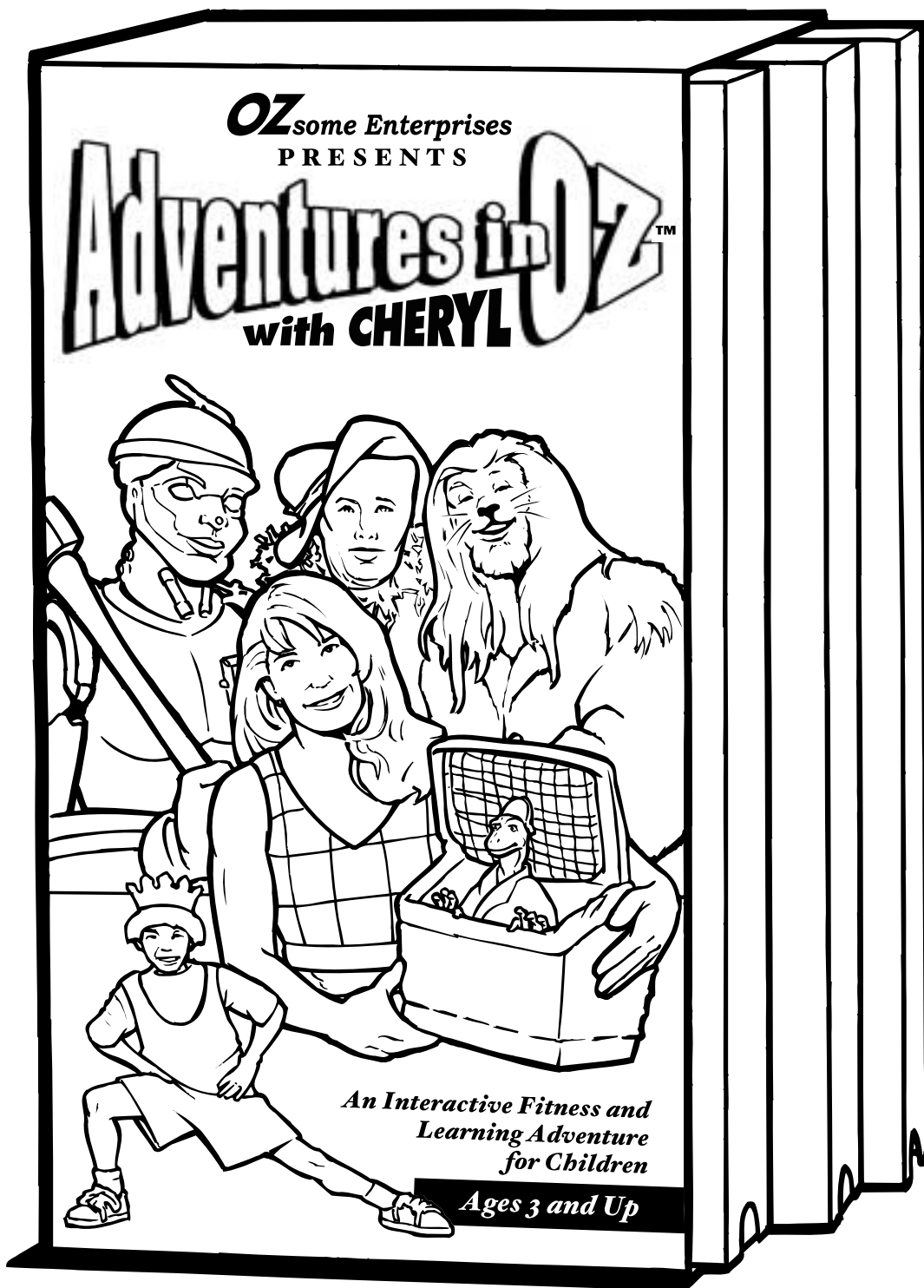
So, he showed me how and told me to practice every day. Finally, after lots of practice, I could stand on my head just like Dad!



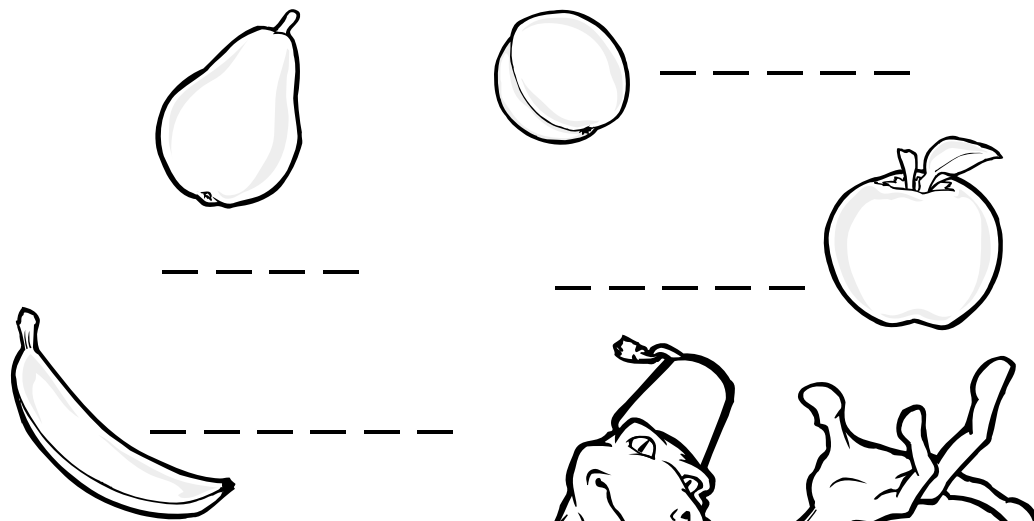
Soon, I was walking on my hands, doing cartwheels, and learning how to swim. As I got older, I delivered newspapers and saved enough money to buy a balance beam and a unicycle (a bicycle with one wheel like you see in the circus). I practiced for two summers before I could even ride it!



When I was sixteen, I learned that lifting weights made me strong and feel good about myself. Many years later, I was on the TV show, *American Gladiators*, and I won the championship! My mom and dad were so proud of me, and I was proud of me too! Swinging on ropes, climbing walls, and crawling over obstacle courses was a lot like being in the circus!



Though I never joined the circus, I did use my love for *The Wizard of Oz* stories and my love for exercise to make a video series I call, *Adventure in Oz with Cheryl*™. In these videos, I pretend to be Dorothy traveling down the Yellow Brick Road. You'll meet some of my new friends and learn how to OZercise™. It's great fun and good for you, too!



THE LIZARD OF OZ

You'll meet my new friend the "Lizard of Oz". He is very friendly and quite smart. He wears a hat called a fez and lives in a tree house where he spends a lot of time reading books. The Lizard of Oz loves to teach kids about eating healthy. Can you name some of his favorite fruits?

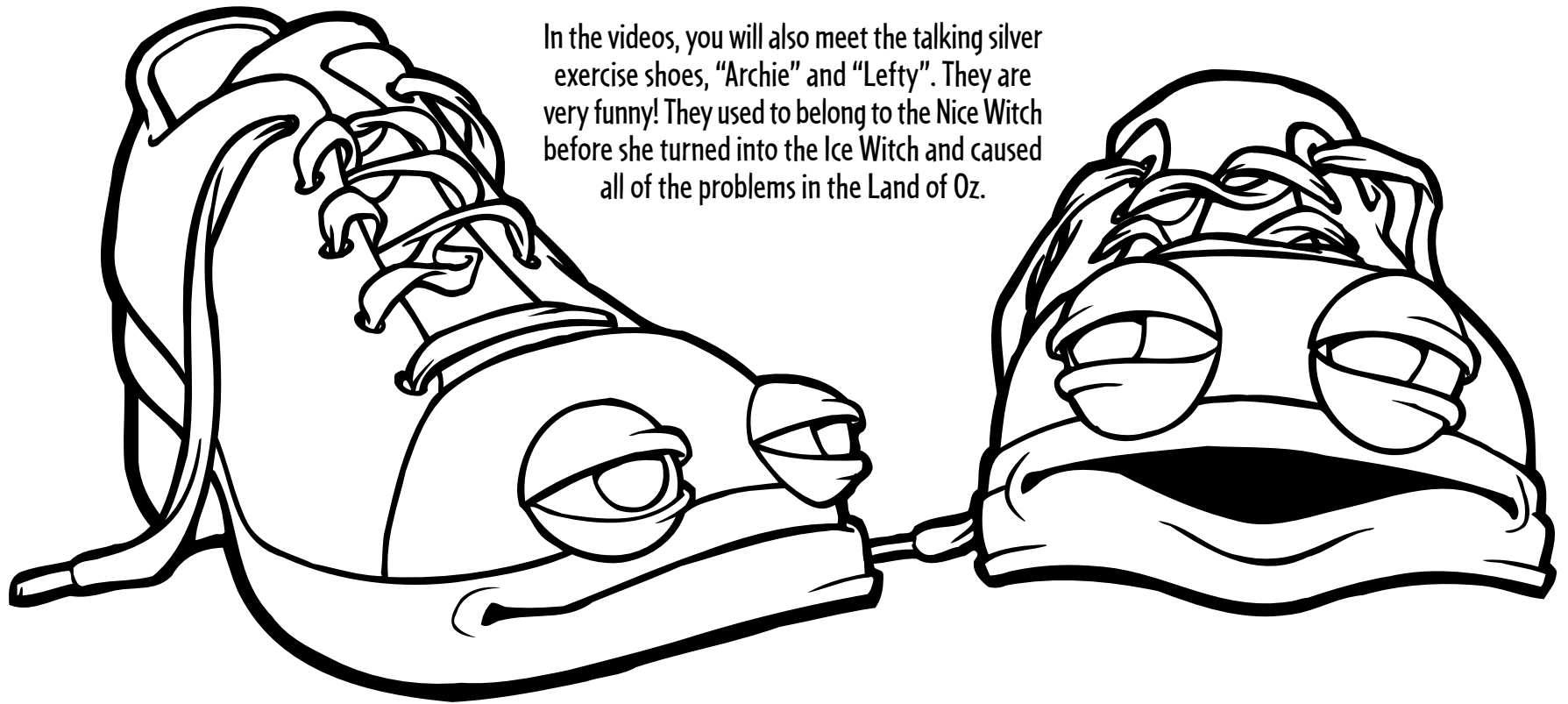
The Lizard and I have something special in common. When I was a young girl,
I had trouble saying the letter "s". Kids made fun of me in school.
A very nice lady taught me how to speak more clearly. That was my goal.
It was hard work. Now I talk like everyone else, but
I still have to practice every day.

W	S
Wizard	Scarecrow
Witch	R
	Road
L	TH
Lizard	Together
Lion	

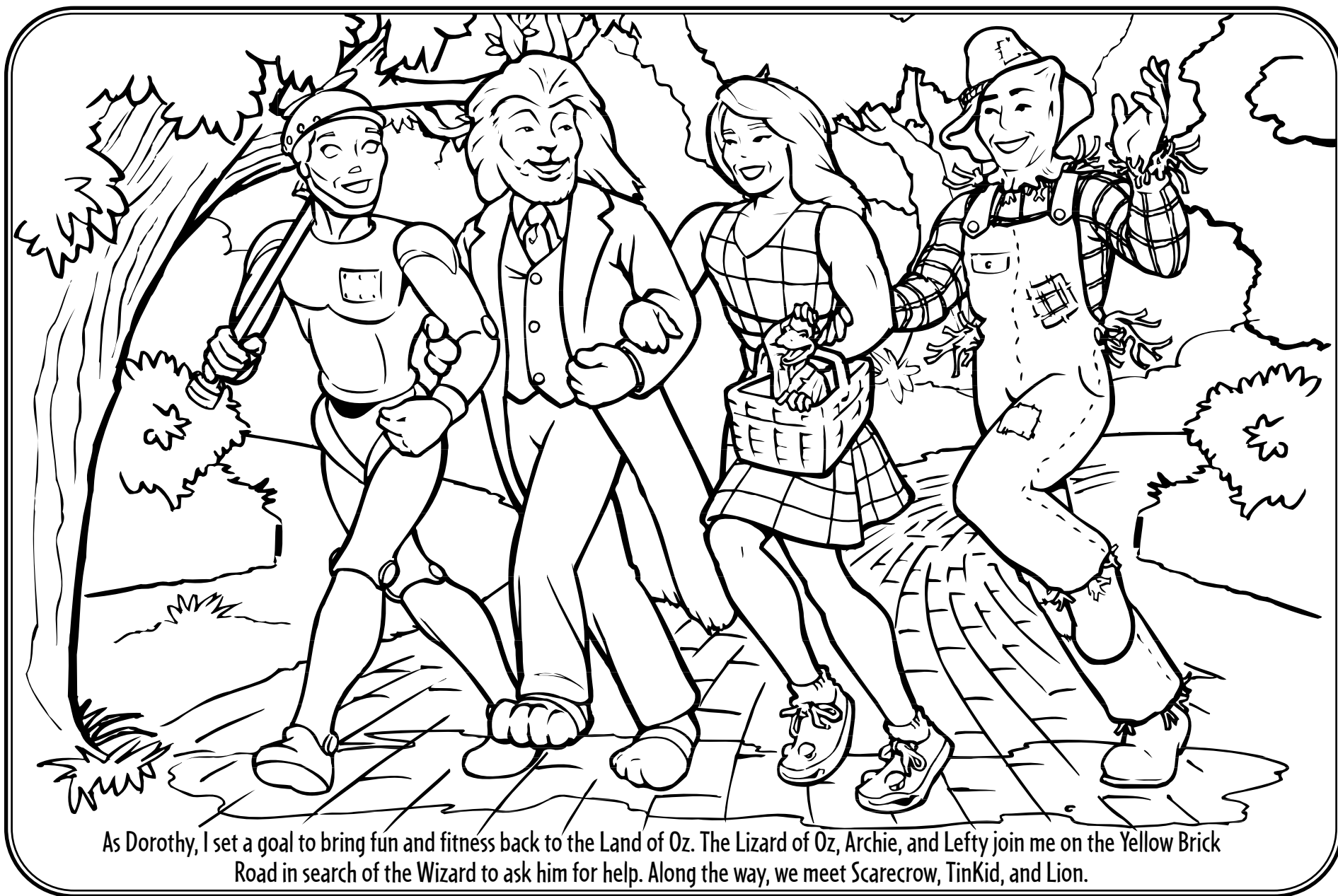
The Lizard of Oz
has trouble saying the letter "L".
Do you have a letter in the
alphabet that is hard for you to
say clearly?
If you do, then we
all have something in common.
Let's practice together.
Try to say these words out loud.



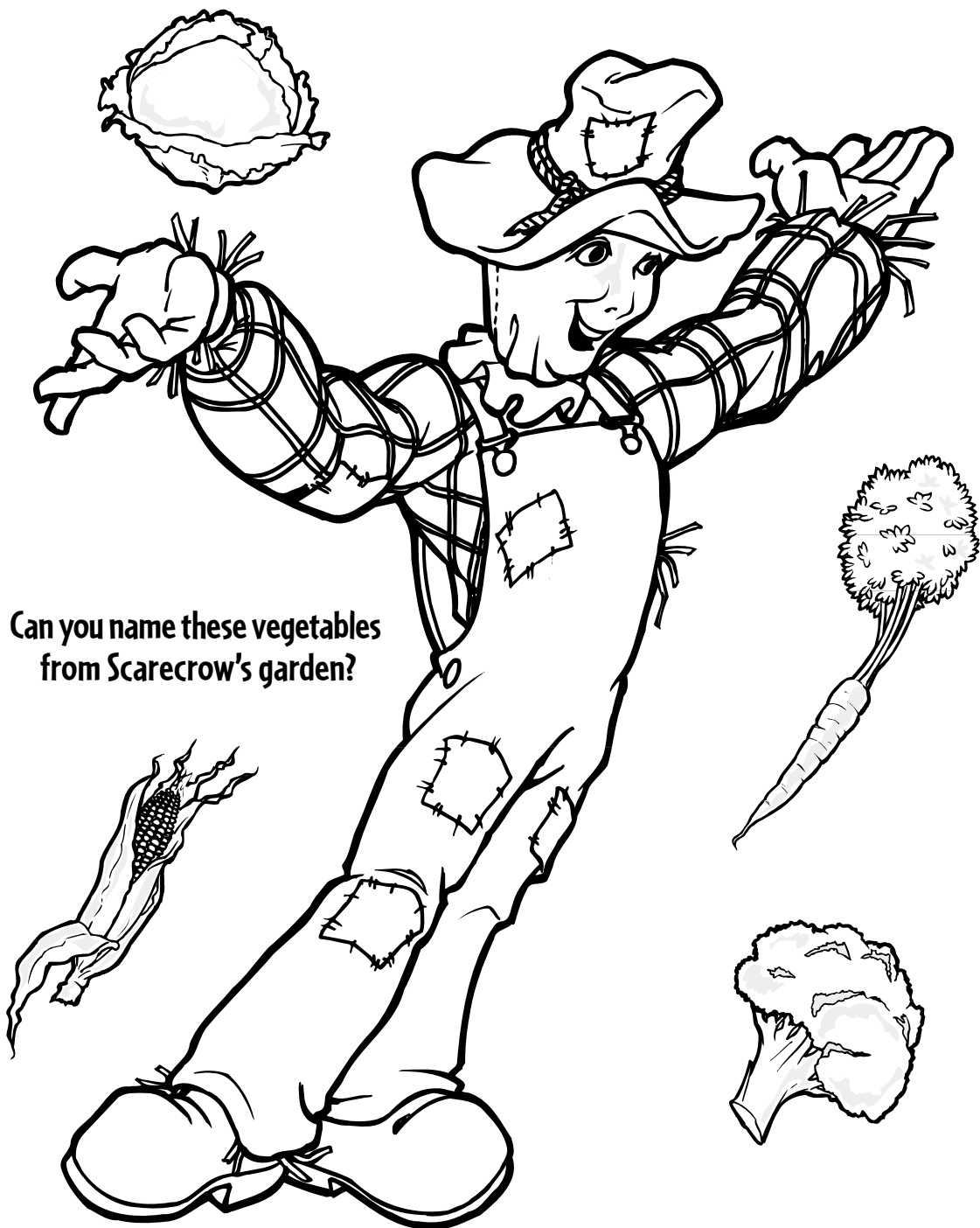
In the videos, you will also meet the talking silver exercise shoes, "Archie" and "Lefty". They are very funny! They used to belong to the Nice Witch before she turned into the Ice Witch and caused all of the problems in the Land of Oz.



ARCHIE AND LEFTY



As Dorothy, I set a goal to bring fun and fitness back to the Land of Oz. The Lizard of Oz, Archie, and Lefty join me on the Yellow Brick Road in search of the Wizard to ask him for help. Along the way, we meet Scarecrow, TinKid, and Lion.

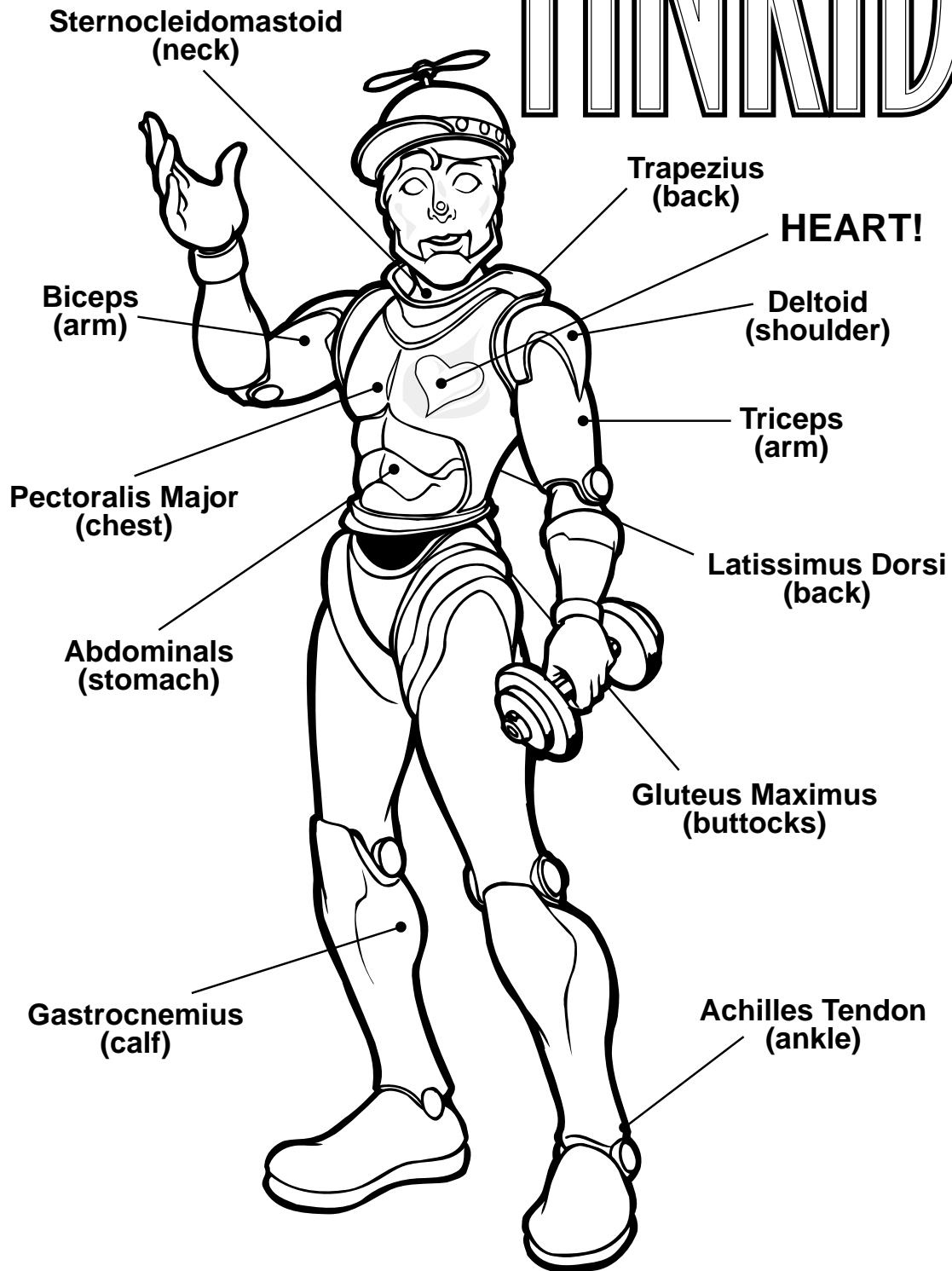


Can you name these vegetables
from Scarecrow's garden?

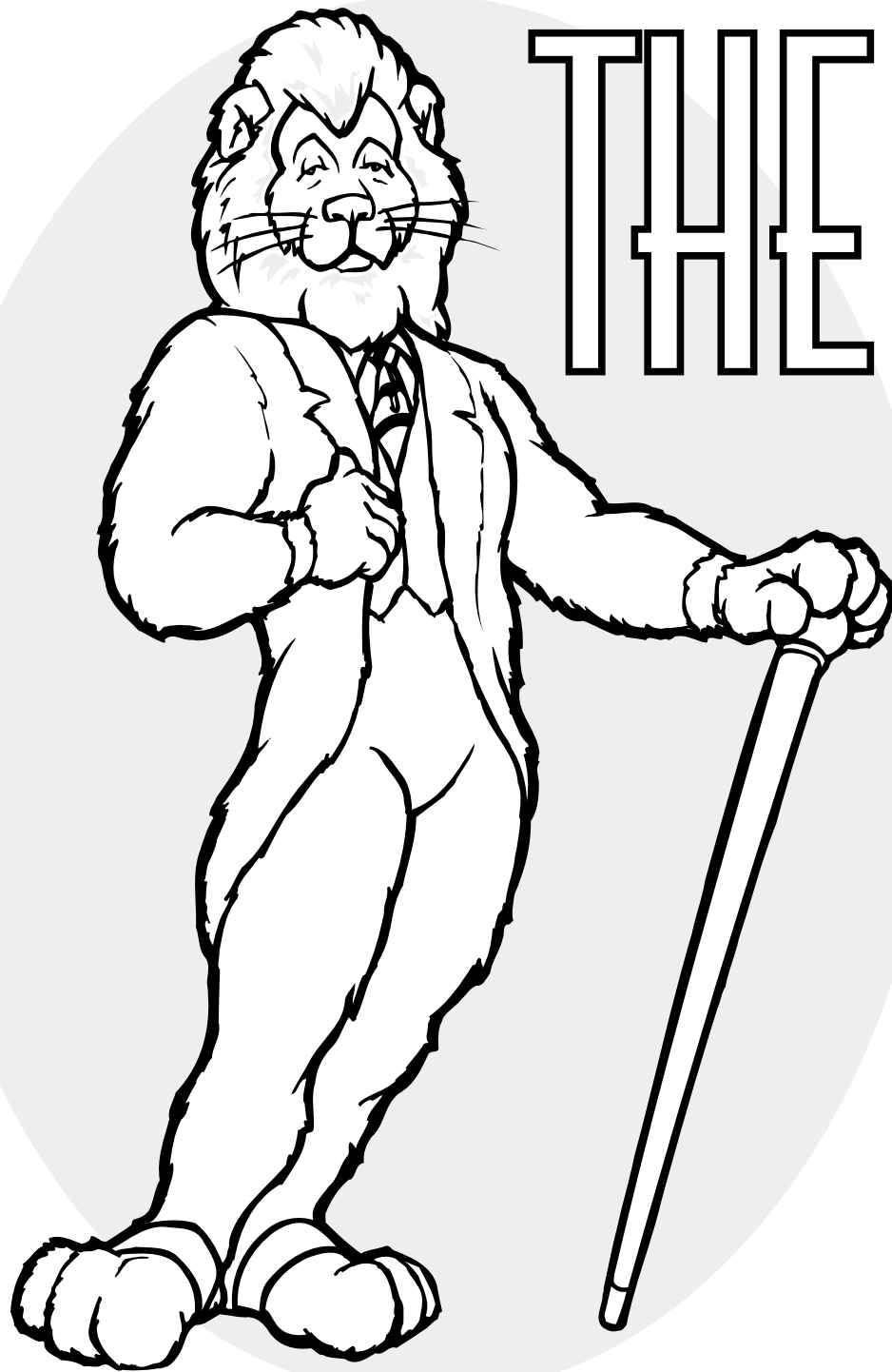
THE SCARECROW

Scarecrow is very flexible because he is made from straw. In his beautiful vegetable garden,
he teaches us how to stretch our bodies like a rubber band.
Scarecrow really, really wants a brain so he can learn how to read.

THE TINKID

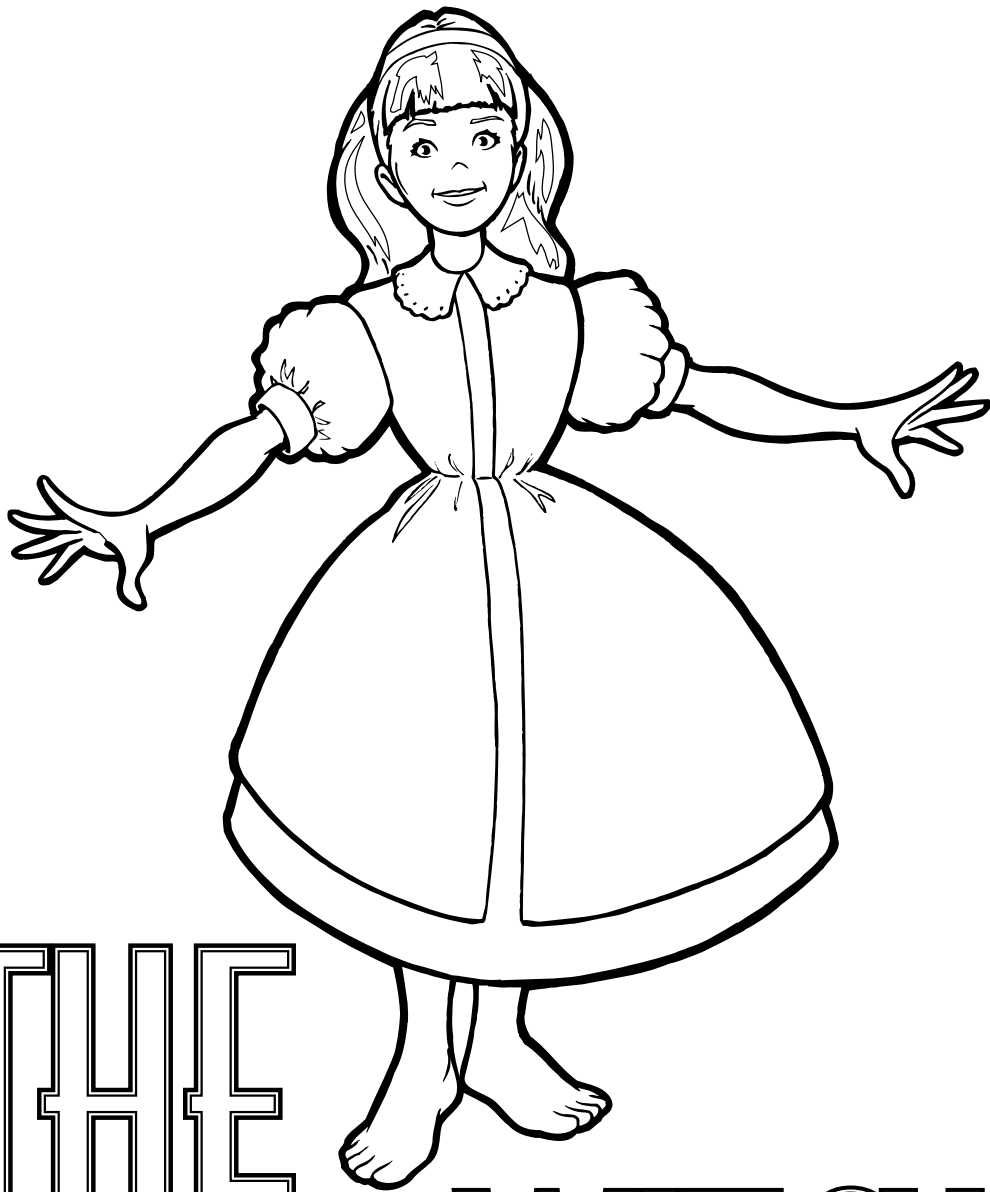


TinKid exercises his muscles every day, but he doesn't have the most important muscle - a heart! He really, really wants a heart so he can be nice and make friends. TinKid reminds us that we have over 650 muscles in our bodies! No wonder it's so important to OZercise™!



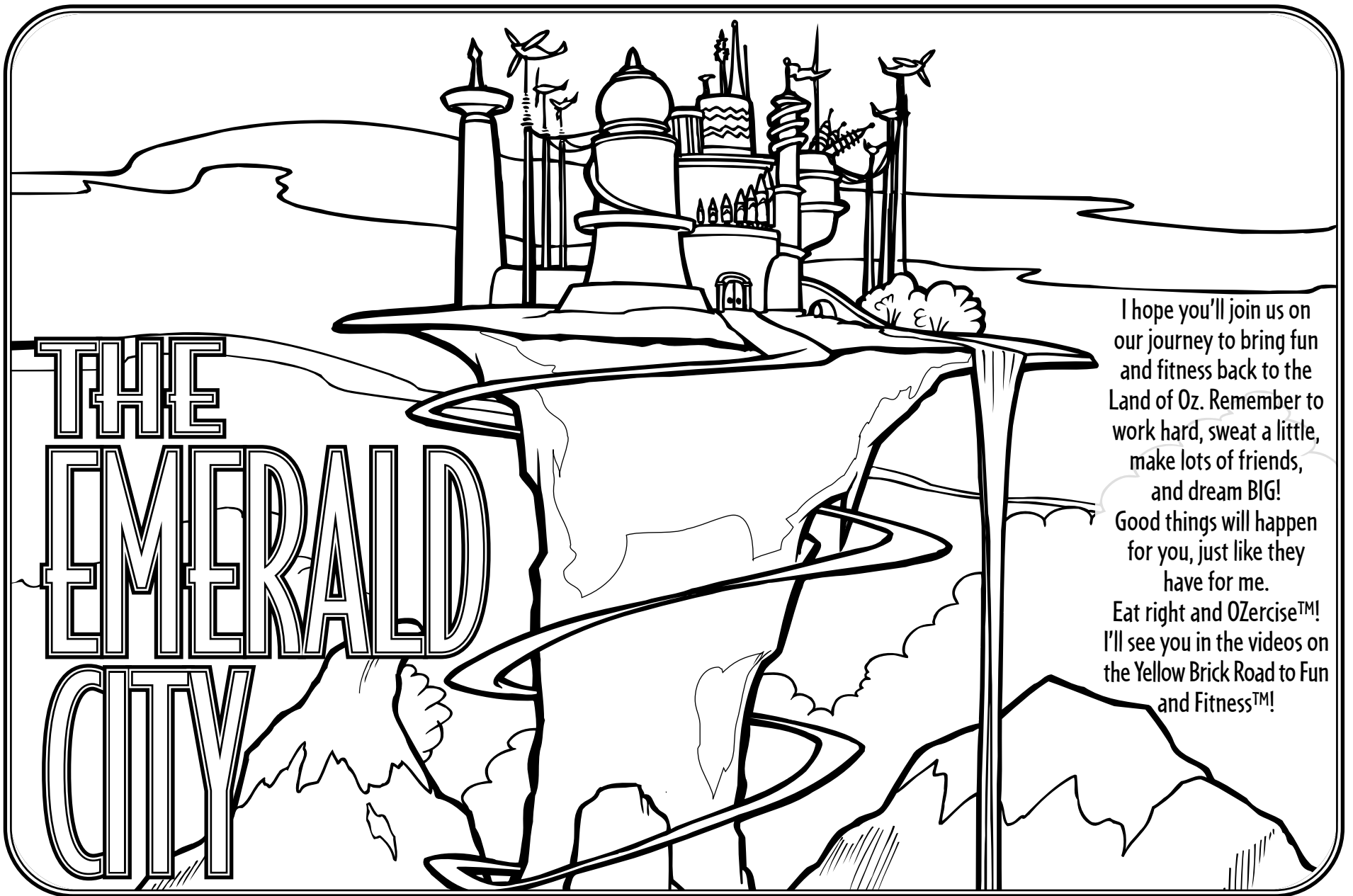
LION

In the videos, you'll also meet Lion who is very strong. He shows us how to do pushups and karate kicks. Lion really wants to be a good leader of the other animals in the forest, but he doesn't have courage. Lion joins us to find the Wizard to ask him for help.



THE NICE WITCH

The group works together as a team to melt the Ice Witch back into the Nice Witch by warming her heart with humor and friendship. We all learn how good it feels to work really, really hard for something we really, really want - our goals. At the Emerald City, the Wizard is very pleased and rewards each one of us. He gives Scarecrow some brains and reminds him to use them. He gives TinKid a heart so he can make friends, and he gives Lion courage so he can be a worthy leader.



I hope you'll join us on our journey to bring fun and fitness back to the Land of Oz. Remember to work hard, sweat a little, make lots of friends, and dream BIG! Good things will happen for you, just like they have for me.

Eat right and OZercise™!
I'll see you in the videos on the Yellow Brick Road to Fun and Fitness™!

**Draw a picture of yourself
doing your favorite type of exercise.
What do you really, really want?**

The “Key to Fitness” is another new friend you will meet in the Adventures in Oz with Cheryl™ video series. He has many wonderful lessons for us along the way.

**Here are some tips
on how you can be fit as a family:**

1. Set aside a regular time to make sure kids get 15-minutes of exercise or play three times per week. Make sure the activities are non-competitive and focus on being fun, trying one’s best, learning new skills, and practicing each new skill until it is mastered.
2. Work together on basic motor skills such as jumping, throwing, catching, running, kicking, and skipping. Incorporate movements that increase flexibility, balance, strength, and endurance.
3. Allow each child to develop at his or her own pace. Everyone will learn some skills more easily than others. Set simple goals that children can achieve with some practice, and then point out how good it feels to achieve them. Always encourage and support your children with a “can do” spirit to help foster self-esteem.
4. Limit TV viewing to only one hour per day. Try being active during the 2-minute commercial breaks. Choose a different activity for each commercial break like stretching or running in place. After one hour of TV, turn it off and do another type of activity.
5. Plan weekends, family vacations, and gatherings that encourage the family to participate in a variety of activities like bowling, swimming, hiking, canoeing, cycling, or camping. Make household chores fun by added fitness movements. For example, have kids jump on one foot to pick up clothes or toys in their rooms, or when making their beds.
6. Get involved in organized sports as a family through your local community center, parks department, church, or school. These organizations often offer activities such as soccer, gymnastics, swimming, and basketball. Organized sports also provide a way to make new friends, and foster personal pride by being part of a team.

7. Use family fitness activities as a reward for good behavior instead of sweets. For example, when your child performs well in school or around the house, reward him or her with a trip to the park for 30-minutes of play, instead of candy.

8. Eat three balanced meals per day comprised of 50% carbohydrates, 30% fat, and 20% protein. Eat at home as often as possible so you can plan healthy meals for your family. Never skip breakfast, never eat more than you need to feel satisfied, and never go grocery shopping hungry.

9. Limit fast food dinners and pack healthy lunches to go. Choose low fat, low calorie snacks in between meals, like fruits and vegetables, which have the highest nutritional value with the lowest calories. Don't forget to drink water- at least eight glasses per day.

10. Get a regular check-up from your doctor before starting an exercise program, especially if you are inactive or over 40 years old. If your child has a weight problem, make sure your child also sees a doctor before beginning any exercise regimen.

