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## FOR IMMEDIATE RELEASE:

### A Fun Guide to Children's Fitness and Well-Being

**BookSurge proudly announces the publication of *Captain Fit's Guide to Good Health*, by Matthew E. Alleyne**

SKJEBERG, NORWAY - BookSurge proudly announces the release of *Captain Fit's Guide to Good Health*, by Matthew E. Alleyne.

Parents living in most industrialized countries nowadays often find themselves in an uphill battle, trying to get their sedentary children to eat better and exercise more. There are countless forces arrayed against their efforts, including television shows, video games, junk food vending machines in schools, and hours that children are required to sit in classrooms. In fact, any parent could easily compose a long list of impediments to their children's good health, all of which entice the little ones to unknowingly increase their risk of obesity and diabetes -- to name just two health problems rampant among the younger generation these days.

Well, it's Captain Fit™ to the rescue! He makes his debut in the recently published book *Captain Fit's Guide to Good Health* by new author Matthew E. Alleyne. This exciting new title from BookSurge is loaded with safe and sensible ideas that children and their parents can put to use for improving and maintaining the health of all the children in the family, and in any school.

In particular, the book offers a wide range of nutritional facts, descriptions of fun fitness games, word puzzles, Internet safety tips, smart water usage, family-based activities, and age-appropriate anatomical illustrations. In addition, there are many doable recipes for healthy meals and snacks, as well as information on food trivia, buying, preparation, storage, and safety.

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Help the children in your life to learn the importance of good eating and healthy living, by introducing them to a superhero devoted to their well-being -- Captain Fit™! New York Times Best Selling author Ellen Tanner Marsh states, "safe and sensible ideas that children and their parents can use to improve and maintain health."

### **About the Author**

Matthew E. Alleyne combines his expertise as both a physical trainer and a successful entrepreneur, in creating the character of Captain Fit™ and also establishing the Captain Fit Foundation™. His primary goal in doing so, is to help children throughout the world improve their physical fitness, through healthful diet, knowledge of personal safety, and exercises and other fun activities that can be pursued long-term, to develop and maintain physical fitness throughout life. A portion of all proceeds from the Captain Fit™ books and other materials is donated to the Foundation, which provides funds to Children International, Save the Children, the UN World Food Program, the Make-A-Wish Foundation, and other children's charities. Born in New Zealand, Matthew now lives in Norway with his wife and their two young daughters.

For more information, please contact Matthew E. Alleyne at [matthew@captainfit.com](mailto:matthew@captainfit.com) or by phone at (+47) 91 84 38 86. For more information or for a free review copy, please contact Matthew E. Alleyne at [www.CaptainFit.com](http://www.CaptainFit.com). Books are available to order at Booksurge.com, Amazon.com, Alibris.com and Abebooks.com. ISBN: 1419615866

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