

# **Pointers** **For Parents** **Encouraging Exercise**

(NAPSA)—If you don't think your children are getting enough exercise, it could be that they're not watching enough TV—or more specifically, the right kind of TV.



**Fun TV series for preschoolers stars JoJo, a clown who invites kids to get up, stretch, bend and move.**

One of today's most popular kids shows—called “JoJo's Circus”—features interactive games and activities that encourage children to get up and dance, jump, bend and wiggle. Studies have shown that using large and small muscles not only strengthens the body but engages the important areas of a child's brain that support learning in many curriculum areas.

Each episode also emphasizes character-building skills such as cooperation, sharing and respect for others. For instance, in one episode, JoJo learns how important it is to take care of precious items when she loses a family heirloom and has to retrace her steps to find it.

The show airs on Disney Channel. For more information visit [www.disneychannel.com](http://www.disneychannel.com).