



# GET STRONGER! HAVE MORE FUN!

An Exercise Book for Kids  
By Alexander Fields-Lefkovic

48 pages  
Full-color

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GET STRONGER, HAVE MORE FUN is designed to help children of all ability levels develop strength, coordination and confidence, goals that hold great significance to the book's author, who had sensory processing difficulties that affected his motor planning abilities. During the nine years that Alexander Fields-Lefkovic received occupational therapy, he diligently worked on improving his strength, fine and gross motor skills. While in OT, he says he "always knew that he would play a lot of different games each week, and at the same time, was very much aware that he would have to push himself harder than he ever thought possible." Today, as a high school student, he plays trumpet and competitive tennis, holds a black belt in Tae Kwon Do, and travels around the country competing on his school's debate team.

Alexander writes: "When I began training in Tae Kwon Do, I frequently fell because I lacked balance and core strength. Learning the trumpet was especially challenging because of the high level of coordination that it required, but I ultimately developed the skills to perform in concert and jazz bands. Despite being told that tennis would be a particularly challenging sport because of my trouble with midline skills, I practiced for hours each week and now regularly compete in USTA matches and am a member of my school's Varsity tennis team."

GET STRONGER, HAVE MORE FUN is the follow-up to "Get Strong, Have Fun" (2007). The exercises in this new edition target key areas such as core stability, motor planning, and balance, and are designed so that children with varying levels of physical ability can perform them successfully. Each exercise is paired with a rating scale that provides positive feedback and encourages children to set higher goals and challenge themselves further.