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Children's Author Tina Powell Visits Greater Toronto Area to Bring 'Fun-tastic' Fitness Message to Kids

Toronto, ON – Bestselling Canadian children's author Tina Powell is returning home to promote healthy living to children through her latest children's book, **Fernando's Fun-tastic Friends**.

We've all heard the alarming statistics. Obesity-related ailments like heart disease and diabetes are on the rise. Powell, a mother, and former Mississauga resident who now lives in West Vancouver, B.C., was inspired to write this book when she read about the growing rate of type 2 diabetes in children.

"When I was a child, we were always active, riding our bicycles, jumping rope, and playing games," she explains, "but today kids are much more sedentary. We need to put the fun back into fitness, so I created Fernando to show us the way!" Fernando is the new kid at school. His new friends want him to join their fitness fun club, but like a lot of children, Fernando would rather read comic books, play video games, and watch Frankenstein movies. With catchy dialogue and humorous illustrations, the book outlines Fernando's journey to a healthier lifestyle.

Powell is no stranger to children's literature. This is her 6th book, and she is the founder of Big Fat Pen Publishing Inc. Nor is she new to the notion of putting fun into fitness. She used to write a column on celebrity fitness tips for the Toronto Star and over the years she has trained in karate, kickboxing, spinning, marathon running, dance fitness, yoga, and more.

This upbeat book delivers the one-two punch of education and entertainment that points kids in the right direction without tipping them off that they're being taught a lesson. They just think they're reading a great book about a kid named Fernando... a kid who learns to like exercise... and who is ultimately just like them.

For more information – or to arrange an interview with Tina Powell, contact:
Marnie Wilson
TEL: 604.685.5575
Website: www.bigfatpen.com

Scheduled appearances:

Tina Powell is making a number of author visits at schools and libraries in the GTA November 16th-27th. See the attached schedule for details.

Tina Powell's Scheduled Appearances in the GTA, Nov 16th – 27th, 2009:

Monday, November 16th

10:15 to 11:15 a.m.

Macville Public School

7280 King Street West, Caledon, ON

Tuesday, November 17th

10 to 11 a.m.

Glenn Arbour Academy

5051 Mainway, Burlington, ON

Alton Public Library

3:15 to 4:00 p.m.

35 Station Street, Alton, ON

Wednesday, November 18th

Claireville Public School

9:05 a.m. to 2:25 p.m. and 6:30 p.m. to 7:30 p.m.

(presenting to classes all day and then at Family Reading Club in the evening)

97 Gallucci Crescent, Brampton, ON

Thursday, November 19th

Sheridan College Childcare Centres

11:00 a.m. – Montessori School

11:20 a.m. – Childcare Centre

1430 Trafalgar Road, Oakville, ON

Caledon East Public Library

6:45 p.m. to 7:30 p.m.

Located in the Robert F. Hall Secondary School.

6500 Old Church Road, Caledon East, ON

Friday, November 20th

Josyf Cardinal Slipyj Catholic School

8:55 a.m. to 3:30 p.m.

35 West Deane Park Drive, Etobicoke, ON

Saturday, November 21st

Burlington Public Library

10:30 to 11:00 a.m.

2331 New St., Burlington, ON

Monday, November 23rd

St. Barnabas Catholic School

8:50 to 11:00 a.m.

(Two 1-hour presentations)

30 Washburn Way, Toronto, ON

Tuesday, November 24th
Regina Mundi Catholic School
9 a.m. to 11:45 a.m. (Two 1-hour presentations)
70 Playfair Avenue, Toronto, ON

Toronto Public Library
Lillian H. Smith Branch
1:00 to 2:30 p.m.
(Two presentations)
239 College St., Toronto, ON

Wednesday, November 25th
Blessed Kateri Tekakwitha Catholic School
1:10 to 2:10 p.m.
70 Margaret Ave, Toronto, ON

Thursday, November 26th
Forest Manor Public School
10:30 to 11:30 a.m.
25 Forest Manor Rd, North York, ON

Buchanan Public School
1:00 to 2:00 p.m.
4 Bucannan Road, Scarborough, ON

Mississauga Public Library
Erin Meadows Branch
7 to 8 p.m.
2800 Erin Centre Blvd., Mississauga ON

Friday, November 27
McBride Public School
Time: 8:50 to 11:55 a.m.
974 McBride Ave, Mississauga, ON