

FOR IMMEDIATE RELEASE

SMARTMOOVZ, INC. CELEBRATES FIFTH ANNIVERSARY BY RELEASING CHILDREN'S NUTRITIONAL ACTIVITY BOOK SERIES AND EXPANDING FITNESS PROGRAMMING

ATLANTA, GA – (JUNE, 2008) – Atlanta-based company, Smartmoovz, Inc. Co-Founders, Katie Hart Smith, RN, BSN, MBA and Kris Burnett have written the first three books in the new series of children's nutritional activity books called, **Smartmoovz Train the Brain: Fruits Vol. 1; Snacks Vol. 1; and Vegetables Vol. 1**. This fun and educational nutrition and activity book collection is designed to educate young readers about making smart moves and healthy choices. It is an excellent supplemental resource for parents, nutritionists, dieticians, healthcare professionals, home school educators and teachers who need additional educational resources in the fight against childhood obesity and in the promotion of healthy lifestyles.

Smartmoovz, Inc. is focused on promoting health and fitness in children, adolescents and their families. Aside from its video, educational modules and physical education and nutritional enrichment programs, Smartmoovz continues to develop products and programs for hospitals, schools, community organizations to assist them in their charge to promote physical activity and healthy lifestyles.

"With the growing number of overweight and obese children, Smartmoovz provides consumers with a quality product line to help provide the educational tools and supplemental to help promote a healthy lifestyle," said Smith. "Our main focus is getting youth up and moving, as well as providing them with information to make healthy choices with regard to daily life - exercise, nutrition and education. We strive to promote family interactivity and design fitness enrichment programs that individuals of just about any fitness level and age should be able to do. Physical activity and nutrition education should be a cornerstone of a child's developmental foundation. Smartmoovz programs help to instill the necessary knowledge, skills and healthy habits early in a child's life."

The **Smartmoovz Train the Brain** series will be followed by the fourth book, **The Moovin' Body** and is due out in November, 2008.

ABOUT SMARTMOOVZ, INC.

Smartmoovz, an Atlanta based company, has a comprehensive line of health and fitness products and services to provide children and their families the foundational tools and educational building blocks for a healthy lifestyle. The Smartmoovz educational products and programs were designed by company co-founders, Katie Hart Smith, RN, BSN, MBA – a pediatric orthopaedic nurse and an aerobics instructor certified by the Aerobics and Fitness Association of America (AFAA) – and Kris Burnett – a mother and video publishing executive. Smartmoovz has positively impacted children's lives throughout the United States and has received local, regional and national press coverage in medical and consumer publications to include *Newsweek*, *Pediatric News*, *Atlanta Parent* and *SportingKid* magazines.

For more information about Smartmoovz and other products and services visit:

<http://www.smartmoovz.com>

###

MEDIA CONTACT: Kris Burnett, krisb@smartmoovz.com, 1.888.KIDS.555 (543.7555)