**UNP-0130: GENIE: Girls Enjoying Nutrition & Independent Exercise**

The *GENIE: Girls Enjoying Nutrition and Independent Exercise* book is designed to educate overweight and obese girls ages 10-12 about the health benefits of nutrition and physical exercise. GENIE consists of 12 topics, games on nutrition, physical and goal setting exercises, and delicious easy-to-make recipes. It will help young people to choose a healthier lifestyle by utilizing the information provided in each of the GENIE Empowering Gem sections.

To order a copy of UNP-0130: *GENIE: Girls Enjoying Nutrition and Independent Exercise* complete the form below and send a check payable to: Urban Extension.

**Mail form and check to:**
Alabama Cooperative Extension System  
Attn: Communications Specialist  
P.O. Box 967  
Normal, AL 35762

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**Name:**

**Address:**

**Phone:** Phone: __________________________ Fax: __________________________

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**Questions:** Please call the Communications Specialist at (256) 372-4953.

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