

Children

Picture Books:

Dancing Feet!

by L. Craig (First ed. 2010)

The Baby Love to Boogie!

by W. Kirwan (2014)

We're Going on a Bear Hunt

by M. Rossen (First ed. 1989)

Wiggle by D. Cronin (2005)

Clip-Clop! by N. Smee

(First ed. 2006)

Giraffes Can't Dance

by G. Andreae (2001)

Hop, Hop, Jump

by L. Thompson (First ed. 2012)

Chapter & Graphic Books

(*upper elementary):

Ghost by J. Reynolds (First ed. 2017)

Crossover Series

by K. Alexander (2014)

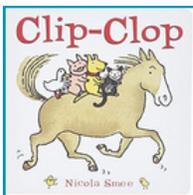
Fast Pitch by N. Stone

(First ed. 2021)

Roller Girl by V. Jamieson (2015)

Swim Team by J. Christmas

(First ed. 2022)



Teens

Courage to Soar: A Body in Motion, a Life in Balance by S. Biles (2018)

Wanderlost by J. Malone
(First ed. 2016)

As Far as You'll Take Me
by P. Stamper (2021)

It Sounds Like This
by A. Meriano (2021)

The Running Dream
by W. Van Draanen (First ed. 2011)

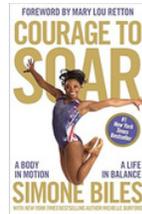
Breathe Like Water
by A. Jarzab (2020)

The Boys in the Boat
by D. Brown (2015)

Rez Ball
by B. Graves (2023)

Furia by Y. Méndez
(2020)

Some Girls Do by J. Dugan (2021)



Scan to review & reserve
books on the
RPL/BCCLS catalog



Questions? Roberta:
rpanjwani@ridgewoodlibrary.org

Adults

The Mindful Body: Thinking Our Way to Chronic Health by E. Langerhe
(First ed. 2023)

Built to Move: The Ten Essentials of Durable, Infinite Humans by K. Starrett
(First ed. 2023)

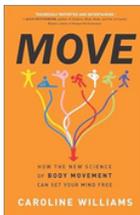
Move: How the New Science of Body Movement Can Set Your Body Free
by C. Williams (2022)

Move More at Your Desk: Increase Your Energy at Work & Reduce Back, Shoulder and Neck Pain
by K. Bradley (2022)

Get Fit Where You Sit: A Guide to the Lakshmi Voelker Chair Yoga Method
(DVD, 2023)

The Dance Cure: The Surprising Science to Being Smarter, Stronger, Happier
by P. Lovatt (First ed. 2021)

Dancing is the Best Medicine: The Science of How Moving to a Beat is Good for Body, Brain and Soul
by J. F. Christensen (2021)



Bicycling with Butterflies: My 10, 201-Mile Journey Following the Monarch Migration by S. Dykman (2021)

Parenting:

Raising Empowered Athletes: A Youth Sports Parenting Guide for Raising Happy, Brave, and Resilient Kids
by K. Jones (2023)

Be All In: Raising Kids for Success in Sports and Life by C. Rampone
(First ed. 2020)



THE RIDGEWOOD LIGHTHOUSE INITIATIVE →

A community-driven, positive approach to encourage individual & collective mental wellbeing through the YMCA & Ridgewood partners.

