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Mom's Guide to Toys, Tots, and Tech

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Smart From the Inside Out – The OrganWise Guys

April 15, 2011 By [Mom](#) [Leave a Comment](#)



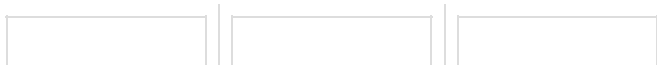
If you're looking for a great way to teach your kids healthy eating and exercise habits while refreshing your own memory of human anatomy, you must see our favorite [OrganWise Guys](#)! These guys are smart, fun, and funny!

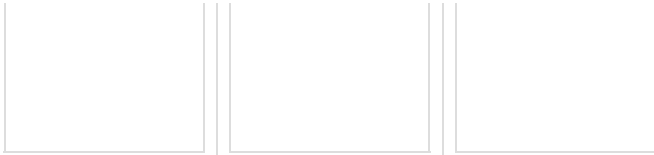
The [OrganWise Guys](#) books and DVD series teaches kids to eat healthy and live a healthy, active lifestyle in a unique, easy to understand, and very much fun way. Their motto “Low Fat, High Fiber, Lots of Water, Exercise” should hang in every room and on every refrigerator. Kids learn names of their organs, what they do, and how to take good care of them.

All the organs have the cutest names, like Hardy (heart), Calci M. Bone (bones), Sir Rebrum (brain) – love them! Don't forget the songs – Calci Yum Yum is my favorite 😊

Check out their [website](#) for lots of health tips and [teachers' tools](#).

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