

For Immediate Release

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The Green Box League of Nutritious Justice Launches Companion Mobile App - Green Box Heroes.

Norcross, GA/October 14, 2014 - Effective Press announces that the new children's illustrated book, *The Green Box League of Nutritious Justice* (ISBN 978-0988316317, Effective Press, 2014) by Dr. Keith Kantor; Peter Crouth, E.C.; Dana Yarn, R.D.; and Karen Kantor, R.N.; with illustrations by Sarah Adam has launched a new free downloadable mobile application in the iTunes' App Store – The Green Box Heroes. The book teaches children about nutrition and fitness in a fun way that will allow parents and children to share and learn while reading the book. Beautifully illustrated, *The Green Box League of Nutritious Justice* takes children on an adventure while teaching them a healthy lifestyle and was awarded the coveted Mom's Choice Awards® as best children's picture book. The app allows children to rebuild themselves as a real-life superhero battling for nutritious justice. The Green Box Heroes is a world of nutrition, education, and exercise excitement right in the palm of your hand.

“Proper nutrition and exercise are essential at an early age to form proper lifelong habits,” said Dr. Keith Kantor, author of *The Green Box League of Nutritious Justice*. “With more and more of our children on mobile devices at an early age, Green Box Heroes is a great way to reach them and spread the message in a fun way. The app is one the entire family can follow and enjoy in embarking upon a healthy lifestyle choice.”

The Green Box Heroes mobile app features many of the beloved characters that made *The Green Box League of Nutritious Justice* one of the top new children's books of 2014. In addition to story episodes it features a hero book, coloring book, health and nutrition calculators, and music. It is designed to help develop the essentials of a healthy and nutritious lifestyle for children and is ideal for parents who seek to be actively involved with their children.

The Green Box League of Nutritious Justice introduces memorable characters such as Knute Triton (the hero), Ed Yucation, Blueberry Bill, Bianca Broccoli, Cornelius Corn, Gordon Grape, Olivia Olive, and many more. The book is perfect for parents who want to introduce children to a healthy lifestyle and be part of the journey of enrichment. The book is also ideal for schools who seek to teach children the benefits of proper nutrition and exercise. But not just children, adults also will learn as they go through the pages of this book that is filled with informative facts about nutrition and exercise that even many of them may not be aware of. *The Green Box League of Nutritious Justice* offers all the lessons needed for a healthy and fit life including recipes, exercise suggestions, and safety tips. Beyond just teaching proper nutrition in a fun way, Dr. Kantor, who serves on the Presidential Active Lifestyle Award committee offers exercise suggestions as well

as challenges children and adults to take part in the program. The book is one that children will pass on to their children with characters that will never grow old and a message that is timeless. A portion of the proceeds from the sale of the book will go to Children's Miracle Network Hospitals.

Additional information on *The Green Box League of Nutritious Justice* may be obtained at www.drkeithkantor.com and <http://www.amazon.com/League-Nutritious-Justice-Collectors-Edition/dp/0988316315>.

Additional information on may be obtained at <https://itunes.apple.com/us/app/green-box-heroes/id917709717?mt=8>