

Physical Activity and Nutrition for Health (Mixed media product)

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Reviews

The book is great and fantastic. it had been writtern extremely perfectly and valuable. I am very happy to let you know that here is the finest pdf i have read through within my own life and can be he very best book for actually. (Miss Rossie Fay)

PHYSICAL ACTIVITY AND NUTRITION FOR HEALTH (MIXED MEDIA PRODUCT)



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Human Kinetics Publishers, United States, 2008. Mixed media product. Condition: New. New.. Language: English . Brand New Book. Kids are struggling with weight issues as they never have before. In fact, more than 15 percent of children ages 6 to 19 are overweight, according to the Centers for Disease Control and Prevention (CDC). Those same kids face greater risks of developing type 2 diabetes, elevated cholesterol levels, and heart disease. They re also more likely to experience depression, anxiety, social isolation, and decreased attendance at school. To combat this problem, many schools are turning to coordinated school health models to develop healthier students. And that s where Physical Activity and Nutrition for Health comes in. This book and CD-ROM package will help you promote fitness and nutrition among students and staff, and its nutrition services tools will help you garner support from parents and community members to enhance student success. This package includes - 60 developmentally appropriate, pilot-tested lessons for fitness and nutrition; - CD-ROM with 124 reproducibles, including 16 family activities, 45 worksheets, 6 transparencies, 27 exercise cards, 24 food cards, and 6 station cards; - tools that offer practical ideas for building student health physically, emotionally, and cognitively; - cross-curricular information that supports other subject areas and is adaptable for various grades; - multiple assessment techniques; and - family and community activities. The lessons are easy to understand and ready to go. In integrating fitness and nutrition concepts as part of a healthy lifestyle, the lessons will help students improve in all components of health-related fitness now while establishing healthy behaviors for the rest of their lives. The lessons are adaptable to involve children with disabilities and include challenges for higher-level and higher-skilled students. All the lesson plans are tied to the WOW! Health Education Series and can...

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