



Jump Start Health! Practical Ideas to Promote Wellness in Kids of All Ages

By David Campos

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"In the rich tradition of a child-centered curriculum, David Campos presents a useful, comprehensive, and clear resource for keeping children physically and psychologically healthy. Providing a rich context for a 'well being' perspective, he guides teachers, parents, and the community through understanding the necessity for all adults to ensure a nurturing environment for every age child."--**Mari Koerner**, Professor and Dean, Mary Lou Fulton Teachers College, Arizona State University

"This how-to manual is a panoply of original lesson plans and practical strategies for eradicating the poor dietary and exercise habits that are diminishing the health and wellness of our society. This book is a definitive guide for restoring and maintaining one of our most precious commodities: the health and well-being of our children." --**La Vonne I. Neal**, Northern Illinois University, Dean, College of Education

"Dr. Campos has made a valuable contribution to the national discussion regarding how we, as a country, can effectively address the evolving tragedy of the childhood obesity epidemic." **Norman H. Chenven, M.D.**, Founder & CEO, Austin Regional Clinic

This dynamic resource will help classroom teachers jump start their students into a healthy lifestyle. The author takes us through understanding the obesity crisis and offers practical ideas for incorporating wellness initiatives into the elementary curriculum. Each idea presented has a clear learning objective, addresses federal health standards, and includes a step-by-step approach with activities for the classroom. This hands-on, comprehensive book provides a set of tools that will help teachers and health practitioners improve the eating habits and exercise patterns of youngsters nationwide.

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Jump Start Health! Practical Ideas to Promote Wellness in Kids of All Ages By David Campos Bibliography

- Sales Rank: #6544754 in Books
- Published on: 2011-03-11
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 6.40" l, 1.00 pounds
- Binding: Hardcover
- 240 pages

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Review

"[A] fabulous resource...What I like about this book is that it is devoted to instructors who care about these issues and are in front of students every day." --FedUpWithLunch.com

About the Author

David Campos, associate professor of education, University of the Incarnate Word, San Antonio, TX

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