



# Healthy Breaks: Wellness Activities for the Classroom

*Jenine De Marzo*

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*Healthy Breaks: Wellness Activities for the Classroom* presents teacher-tested activities that take 5 to 10 minutes to complete. Kindergarten through sixth-grade classroom teachers can easily implement these wellness activities in their curriculum, and the activities supplement kids' physical education programs by promoting natural activity throughout the day. As a result, kids are better able to focus on their academic lessons.

This book serves as a supplemental guide for classroom teachers who want to integrate health, wellness, and movement within their classrooms, as well as a resource for physical educators who have limited gym space and resources. *Healthy Breaks* presents the following features:

- Tools for classroom and health teachers to promote wellness and provide health-related activities in the classroom
- Activities for before- and after-school program leaders to increase physical activity and wellness
- Clear and concise instructions that make it easy for any teacher to engage students in physical activity and academic learning
- Tools for meeting objectives of national wellness policies set by the National Association for Sport and Physical Education, the Centers for Disease Control and Prevention, and Physical Activity Guidelines for Americans

*Healthy Breaks* is the ideal multidisciplinary approach to promoting health and preventing disease in our most valuable resource: children.

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#### **Rodney Hussey:**

People live in this new time of lifestyle always try and and must have the time or they will get great deal of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity do you possess when the spare time coming to an individual of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the actual book you have read is usually Healthy Breaks: Wellness Activities for the Classroom.

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