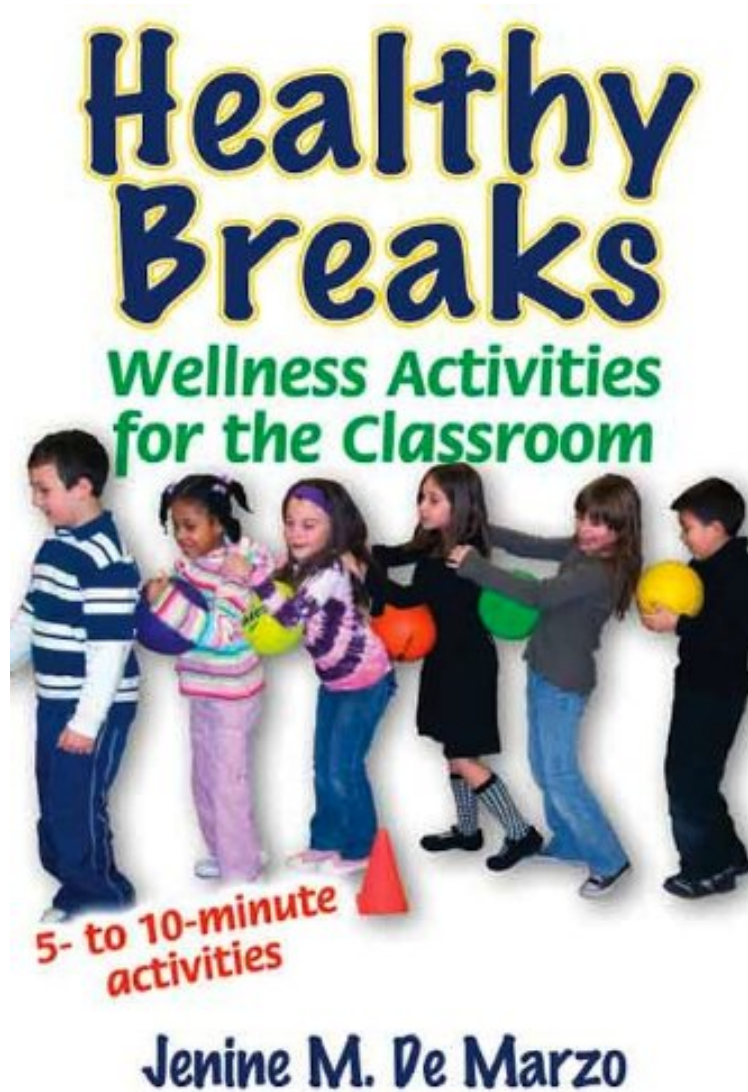


Healthy Breaks

Jenine M. De Marzo

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Jenine M. De Marzo : Healthy Breaks before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthy Breaks:

Healthy Breaks: Wellness Activities for the Classroom provides classroom teachers all they need to present engaging health and wellness activities in their classrooms throughout the day. The activities last 5 to 10 minutes and meet many objectives and goals in wellness policies. The breaks help kids see activity as a regular and fun part of their day.

About the Author Jenine M. De Marzo, EdD, is an assistant professor in health studies, physical education, and human performance sciences at Adelphi University in Garden City, New York. She has taught and coached children from preschool through college age. She has taught health and physical education from K to 12 and has taught preservice undergraduate and graduate health and physical educators. In addition, she has presented the "healthy break" concept to numerous community school districts. De Marzo is a health and physical educator for the New York City Board of Education and is president of the Higher Education Section for the American Alliance for Health, Physical Education, Recreation and Dance, New York. In her leisure time, she enjoys running, playing and coaching soccer, and playing outside with her three children and her husband.