



## Health, Wellness, and Physical Fitness, Grades 5-8+

By Don Blattner, Lisa Blattner Howerton

Mark Twain Media, United States, 2013. Paperback. Book Condition: New. 272 x 211 mm. Language: English . Brand New Book. Health, Wellness, and Physical Fitness is designed to teach students everything they need to know to make informed decisions for a lifetime of wellness. Aligned to Common Core State Standards, the activities in this workbook teach students about heredity, exercise, and nutrition, as well as tobacco, illegal drugs, mental health, and becoming a wise consumer. Self-assessments, real-world situations, games, puzzles, and quizzes reinforce these important lessons while also building strong, independent learners.



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