



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

David Campos

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This dynamic resource will help classroom teachers jump start their students on a path to a healthy lifestyle. The author helps us understand 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.

Unlike other health curricula, *Jump Start Health!* is unique because it provides teaching materials that:

- Ask a range of critical thinking questions.
- Encourage collaboration and community building.
- Embody the National Education Standards and National Health Standards.

David Campos is an associate professor of education at the University of the Incarnate Word in San Antonio, Texas.

“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

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