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Health & Physical Education Comprehensive Health & Physical Education. Colorado Department of Education Adopted: December 10, 2009 Page 1 of 202 ... the State Board of Education voted to include the concepts of health and wellness together with the physical education standards. ... Dr. Antionette Meeks is the Assistant Director and Health ...

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Comprehensive School Health Education, 8th Edition by Linda Meeks and Philip Heit and Randy Page (9780078028519) Preview the textbook, purchase or get a FREE instructor-only desk copy.

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Personal health and physical activity --Unit 7. Alcohol, tobacco, and other drugs --Unit 8. Communicable and chronic diseases --Unit 9. Consumer and community health --Unit 10. Environmental health --Unit 11. Injury prevention and personal safety. Other Titles: Health and wellness: Responsibility: Linda Meeks, Phillip Heit, Randy Page.

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Lindau Integrative Wellness in Boulder, CO specializes in holistic health care including nutrition, bodywork, psychotherapy and personal training.

Meeks Heit health and wellness (Book, 2005) [WorldCat.org]

Linda Meeks and Philip Heit are emeritus professors of Health Education in the College of Education

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at The Ohio State University. Linda and Philip previously owned Meeks Heit Publishing, a publishing company that specialized in producing health education textbooks, video, CD-ROM, and multimedia programs for grades K-12 and college.

Comprehensive School Health Education

The mission of the physical education/health and wellness curriculum is to teach students the movement, academic & social skills appropriate to their ability & confidence levels in a variety of situations that will promote the development & maintenance of a healthy, active lifestyle.
Dorchester School District Two

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4.0 out of 5 stars Meeks/Heit Health and Wellness: Texas Edition September 5, 2009 We have a new teacher teaching our Nutrition course this year, and we do not as of yet have a textbook. The teacher had used Health & Wellness during her student teaching, so I thought this would be a valuable resource to get her started.

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Prof. Linda B. Meeks is Co-CEO and President of Meeks Heit Associates, a company engaged in consulting, keynote speaking, training and producing high-quality written, electronic and recorded materials whose purpose is to educate and motivate people of all ages to take responsibility for their wellness.

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As a Health and Wellness Coach who also has education and experience in many aspects of health, I can help you reach your dreams and goals for better health. "Your time is limited, so don't waste it living someone else's life" ... Linda Meeks W ellness coach .

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