

# Behavior Change Log Book and Wellness Journal



STEPHEN L. DODD

# Behavior Change Log And Wellness Journal

**Stephen L. Dodd**



## **Behavior Change Log And Wellness Journal:**

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in the United States are overweight and almost a third are clinically obese An obvious answer is to become and stay fit through regular physical activity The authors of *Fit Active The West Point Physical Development Program* know this and in response they developed a program at West Point the academy that s been educating U S military and political leaders for over 200 years Now you can use the West Point fitness program to meet the needs of your students *Fit Active The West Point Physical Development Program* is a practical ready to use resource that will help you inspire the kids under your charge to be more physically active It includes the following features The system that has worked for the authors in their West Point program along with detailed strategies for modifying their approach for various ages and environments Activities and ideas that have been reviewed by high school physical education teachers to ensure the suggestions are appropriate for high school students New ideas and information that will help you improve your program Assessment strategies to help you meet state and national physical education standards At West Point fitness is seen as a solid foundation for emotional and intellectual well being and as a way to help prepare students for a lifetime of health physical activity and success in the classroom and beyond With that in mind the authors focus on how to develop and assess your program in part I and in part II they provide core activity courses including basic movement swimming boxing self defense and obstacle courses that develop motor skills In part III they delve into wellness and personal fitness strategies workout designs assessments and related issues and in part IV they outline courses for lifetime activities such as tennis golf ice skating and rock climbing As a result you get a comprehensive resource that is easy to use well illustrated adapted for high school and appropriate for a variety of groups and one that will also help you meet state and national standards Along the way your students will learn leadership skills through sports and become motivated to make physical activity and fitness an integral part of their lives long after they leave school

*A Fit and Well Way of Life* Gwen Robbins,Debbie Powers,Sharon Burgess,2008      **Fit & Well** Thomas Davin Fahey,Paul M. Insel,Walton T. Roth,2007      **Get Fit, Stay Well! + Behavior Change Logbook and Wellness Journal** Janet Hopson,Rebecca J. Donatelle,Tanya Littrell,2012-01-29      [Daily Fitness and Nutrition Journal](#) Thomas D. Fahey,Paul M. Insel,Walton T. Roth,Insel Paul,Roth Walton,2006 This logbook helps students track their diet and exercise programs It serves as a diary to help students monitor their behaviors It can be packaged with any McGraw Hill textbook for a small additional fee It comes free with *Fit and Well* by Fahey et al

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