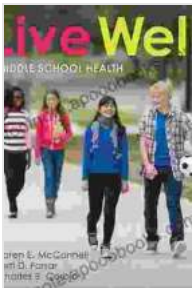


Live Well Middle School Health: The Ultimate Health Education Resource for Middle Schoolers

Middle school is a time of tremendous change and growth, both physically and emotionally. It's also a time when students are beginning to make important decisions about their health and well-being. That's why it's so important to have a comprehensive health education program in place to help students learn the skills they need to live healthy, productive lives.

Live Well Middle School Health is the most comprehensive health education program available for middle school students. It covers a wide range of topics, including:



Live Well Middle School Health by Karen E. McConnell

★★★★☆ 4 out of 5

Language	: English
File size	: 514076 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 712 pages
Lending	: Enabled



- **Physical health:** Students will learn about the importance of nutrition, exercise, and sleep. They will also learn how to prevent and treat common illnesses and injuries.

- **Mental health:** Students will learn about the importance of mental health and how to cope with stress, depression, and anxiety. They will also learn how to build healthy relationships and make good decisions.
- **Social health:** Students will learn about the importance of social health and how to communicate effectively, resolve conflicts, and build healthy relationships. They will also learn about the dangers of drugs, alcohol, and tobacco.

Live Well Middle School Health is more than just a textbook. It's a complete learning system that includes a variety of resources to help students learn and retain information. These resources include:

- An interactive online student portal with videos, games, and quizzes
- A teacher's guide with lesson plans, activities, and assessment tools
- A parent guide with tips on how to talk to your child about health

Live Well Middle School Health is the most effective health education program available for middle school students. It's comprehensive, engaging, and research-based. With Live Well Middle School Health, you can be confident that your students are getting the health education they need to live healthy, productive lives.

To learn more about Live Well Middle School Health, visit www.livewellhealth.com.

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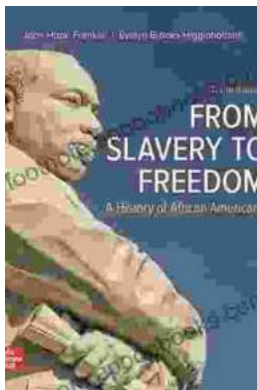


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