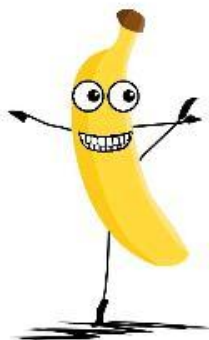


# *ABC's of Health*



*This book is dedicated to Jessica Whitley and Rebecca Lloyd, in appreciation for all the time you dedicated as co-directors of the Comprehensive School Health (CSH) teacher education cohort, class of 2014-2015.*

*With your leadership, the CSH cohort learned a wide variety of ways to promote healthy living, healthy environments, and healthy relationships in their future classrooms. Thank you for fostering a community of learning and cherished friendships.*

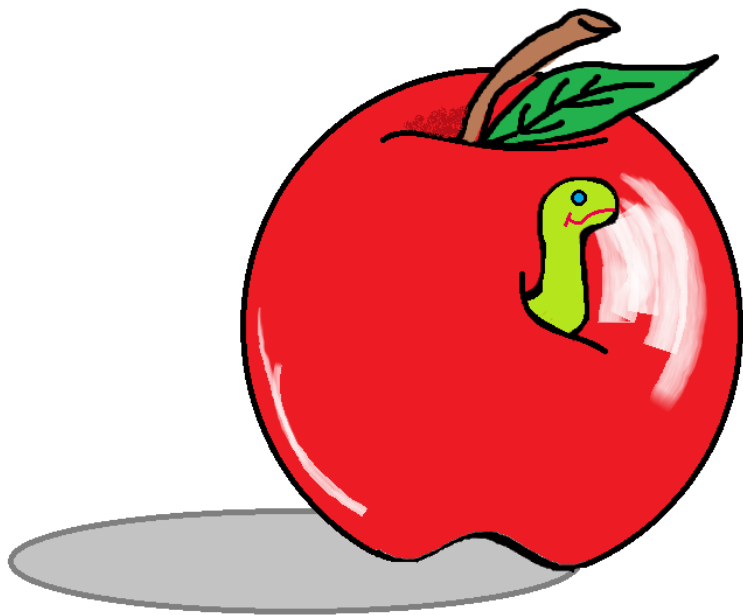
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Comprehensive School Health Cohort  
Class of 2015**



# *‘ABC’s of Health’ CSH Co-Editors*

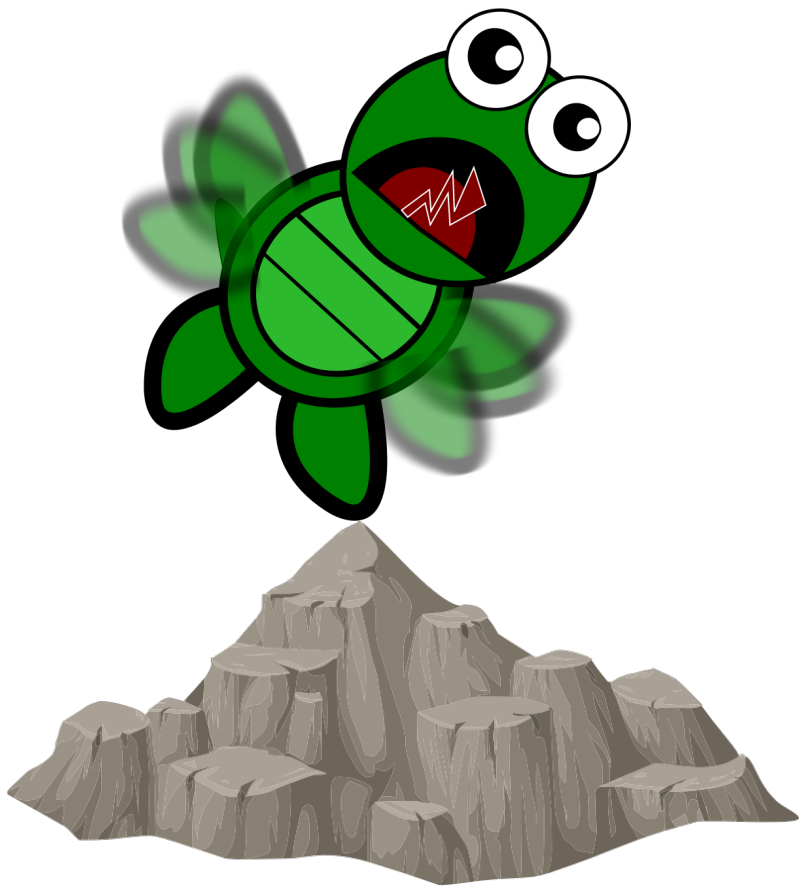
Erin Billinghamurst  
Krystine Delahunt  
Stephanie Duff  
Nina Gentle  
Amy Huang  
Dawna Langford  
Amanda Liotta  
Dani Luther  
Lindsey Morrow  
Bonnie O’Sullivan  
Katelan Smith  
Jennifer Spronck  
Megan Tessier  
Christine Vandenburg





A d

A is for Apple



Bb

B is for Balance





C is for Cooperation



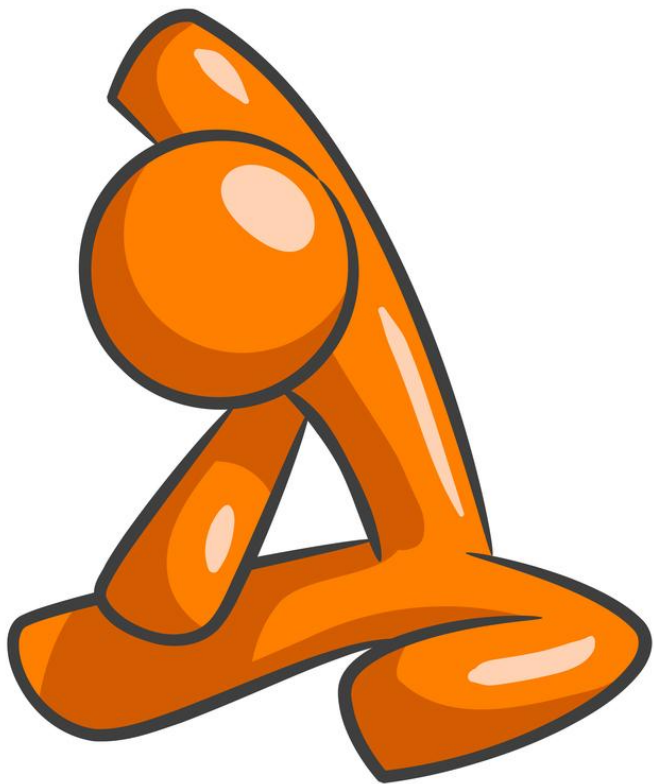
D d

D is for Dancing



E e

E is for Exercise



F f

F is for Flexibility



G g

G is for Gymnastics



Hh

H is for Healthy Happy Heart



Ii

I is for Imagination



Jj

J is for Jump



**Kk**

K is for Kindness





L is for Laughter



M m

M is for Movement



**N n**

N is for Nurturing





O is for Outdoors



P p

P is for Power



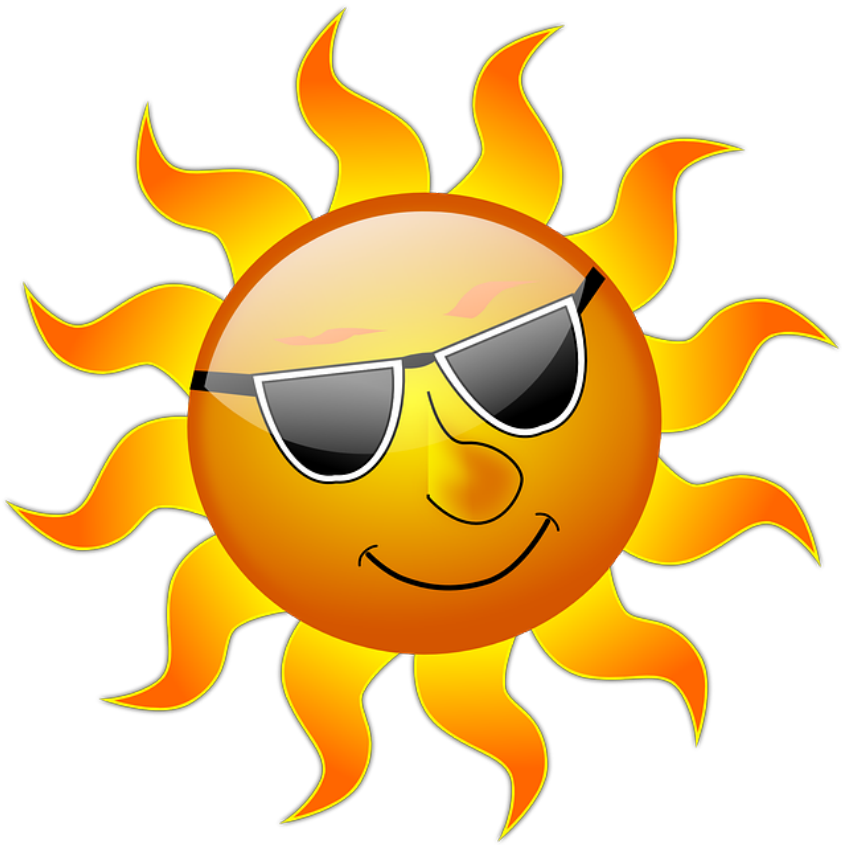
Q q

Q is for Quest



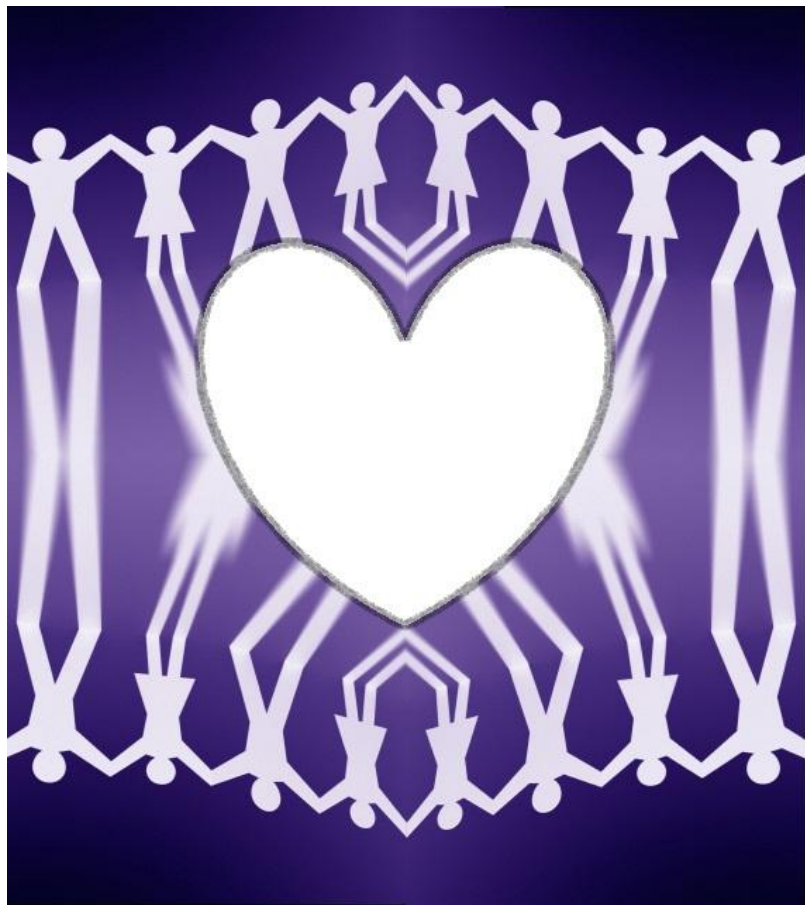
R r

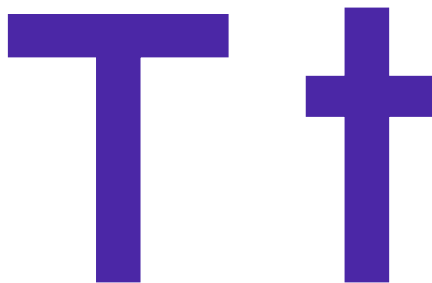
R is for Rest



S s

S is for Sunshine





T is for Togetherness



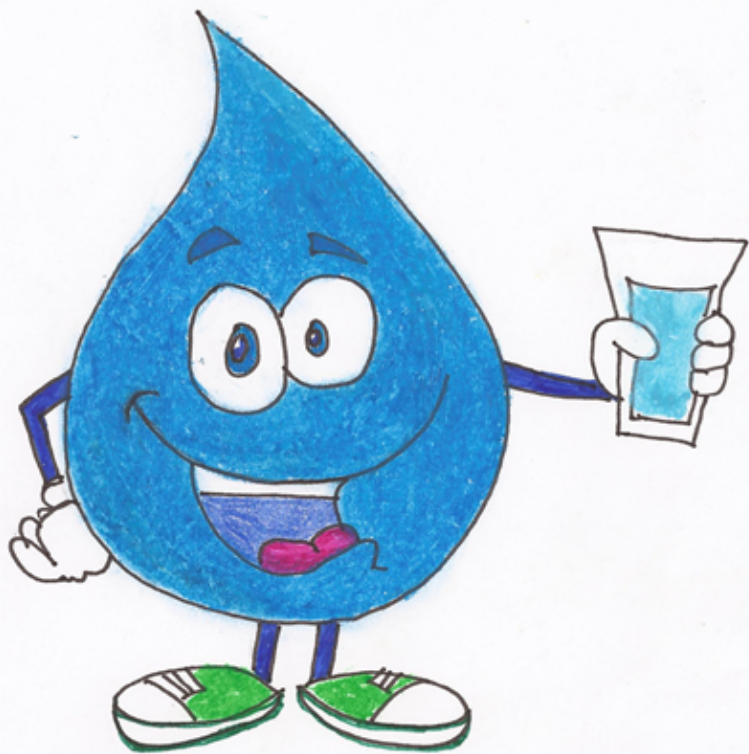
U u

U is for Unique



V v

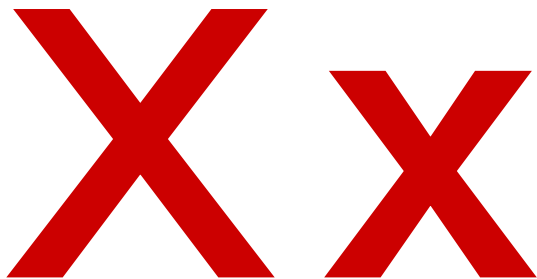
V is for Vegetables



W w

W is for Water



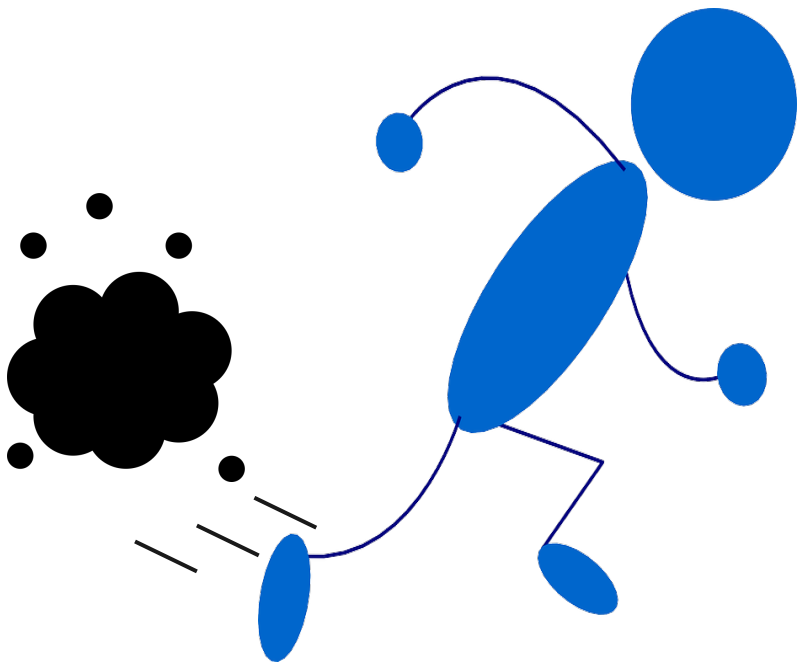


X is for XO





Y is for Yoga



**Z z**

Z is for Zoom!



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