

# Resources



## Online:

<https://www.facebook.com/pages/Pottstown-School-District-Wellness/382269755258236> - Pottstown School District Wellness Facebook Page

<http://www.cdc.gov/healthyyouth/> - Centers for Disease Control and Prevention Adolescent and School Health

<http://www.letsmove.gov/schools> - Let's Move!

<https://www.healthiergeneration.org/> - The Alliance for a Healthier Generation Healthy Schools Program Framework

[www.walkbiketoschool.org](http://www.walkbiketoschool.org) - International Walk to School Day

[www.thewalkingclassroom.org](http://www.thewalkingclassroom.org) - Students walking and listening to curriculum related podcasts

[www.actionforhealthykids.org](http://www.actionforhealthykids.org) – Tools for Schools: School Blueprint

[www.fueluptoplay60.com](http://www.fueluptoplay60.com) – Tools & Resources

[www.adventuretofitness.com](http://www.adventuretofitness.com) - Exercise Videos for class (brain breaks)

[www.gonoodle.com](http://www.gonoodle.com) - Exercise Videos for class (brain breaks)

<http://www.musc.edu/leanteam> - Wellness checklist contest

## Books:

SPARK-The Revolutionary New Science of Exercise and the Brain by John J. Ratey, MD (2013)

The Kinesthetic Classroom - Teaching and Learning Through Movement by Traci L. Lengel and Michael S. Kuczala.(2010)