



Program #435
www.wsboCES.org/enrich

Exploratory Enrichment Services



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Fitness and Health

Grade Level	Description	Program	Where
K-6	Good eating habits and nutrition	Babylon Breast Cancer Coalition	In-School
k-6,7-12	Chef and nutritionist Dr. Robert Dell'Amore teaches life tips for healthy eating and shares tips on how student can take a more active role in making healthy meals with Power of Food Program	Contact via email mailto:bdellamore10@yahoo.com	In-School
K-6, 7-12	Erik discusses good eating and the importance of staying fit for life	Erik Chopin. Worlds Biggest Loser Program	In-School
K-6	Integrate Nutritional Fun into Lunch School Period	HeartBeet Cafe School Nutrition Programs	In-School
K-6, 7-12	High Energy Program that teaches fitness through movement and use of technology in physical education	iGame4	In-School
K-6	Interactive, 50-minute musical show, designed to help children focus on the value of good nutrition and exercise	Kid Power	In-School
K-12	Excellent for full body coordination. This is active gym program that all students can participate in on many levels	Myachi	In-School
K-6, 7-12	Promotes safe and drug free lifestyles through BMX stunts	Perfection on Wheels	In-School
K-12	Pilates for Kids demonstrates a safe and effective exercise for children and intermediate workout for young adults	Contact: Linda Waltman swaltman@optonline.net	In-School
K-12	Simonson Health Consulting provides programs designed to help students develop skills to be empowered to make informed healthy choices about love, life and relationships and to feel confident and competent about acting on those choices.	SECS - Sexuality Education and Counseling Services	In-School



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