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Physical activity is at the core of a healthy lifestyle. Help your students learn the best ways to be healthy and fit with these different activities! Students can learn about how to become their best selves through different fitness and nutrition worksheets, activities, and resources.

*Health & Nutrition Lesson Plans, Worksheets & Activities ...*

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### *NYS Department of Health - Government of New York*

Download Health Guided Acitivityeating habits and a healthy amount of exercise help keep the mind and body performing at their best. Students will be fascinated with science activities on the human body, and you'll find plenty of resources on delicious foods to keep them interested in nutrition.

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*NEW YORK STATE CERTIFIED HOME HEALTH AGENCIES*

Guided imagery is a simple, powerful technique that can have many health-related physical and emotional benefits. It can help people feel less nervous or upset, be less bothered by pain, or achieve a goal such as an athletic or academic achievement.

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