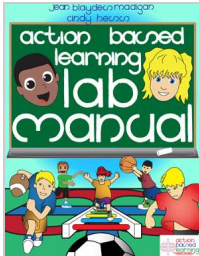


**NEW RESOURCES TO THE HEALTHY LIFESTYLES BOOKSHOP**

**Books/resources**

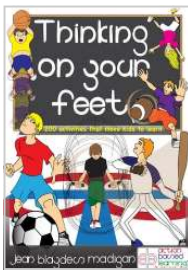


**Action Based Learning™ Lab Manual**

Jean Blaydes Madigan

\$121.00

The Lab Manual is a 78 page comprehensive description of the Lab components, the brain theory that supports the Lab concepts and pictures and directions for each progression of each station.

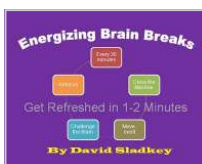


**Thinking on Your Feet**

Jean Blaydes Madigan

\$59.95

Thinking on Your Feet has over 200 lesson plans using kinesthetic teaching strategies to teach academic concepts in reading, writing, math, social studies, and science. The lessons are organised according to Gardner's Multiple Intelligences, basic brain concepts, and national standards in each of the major subject areas. The advocacy information included supports the need for daily quality physical education in our schools. Brain research information and brain game activities give the teacher the basis how to put learning into action in the gymnasium or classroom with students thinking on their feet!



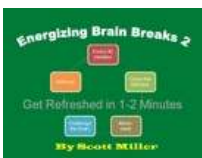
**Energizing Brain Breaks**

David Sladkey

\$25.00

Brain Breaks are quick 1-2 minute activities which will help you get re-focused and energized. Each of the 50 activities will challenge your brain while at the same time get you to move your body. Energizing Brain Breaks can be used at home, in the office, in a classroom or while traveling.

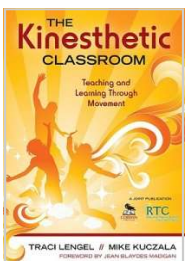
Also available:



**Energizing Brain Breaks 2**

Scott Miller

\$25.00

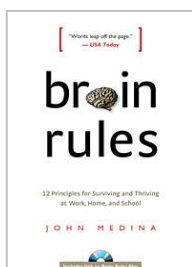


**The Kinesthetic Classroom**

Traci Lengel & Mike Kuczala

\$52.00

Current research shows that regular physical activity helps children and teenagers perform better in school. Drawing on cutting-edge Educational research, the authors describe how regular physical movement improves attention span and helps the brain master new information. Readers will learn how to use short activity breaks to refocus students and how to enhance the academic curriculum through movement-based games.



**Brain Rules**

John Medina

\$24.95

Dr. Medina lists 12 brain rules for thriving at school, and home. Exercise boosts brain function is number on the list. Other rules include that men and women's brains are different.

Stressed brains learn differently. We don't pay attention to boring things. This is an easy read for the "beginning neuroscientist".



**Spark!**

John Ratey

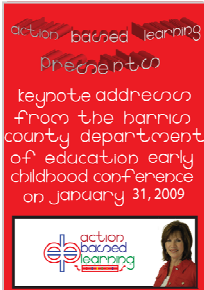
\$24.99

Dr. Ratey's book is filled with neuroscience studies that explain the link of exercise to improved student performance. He explains how exercise impacts learning, addiction, ADHD, aging, hormonal change, and stress.

This a "must-have" book for teachers,

## NEW RESOURCES TO THE HEALTHY LIFESTYLES BOOKSHOP

### DVDs

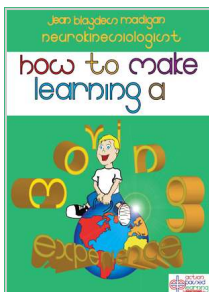


#### Action Based Learning™ Keynote DVD

Jean Blaydes Madigan

\$34.00

See Jean in action as the featured keynote speaker at the Harris County Schools Early Childhood Conference in Houston, Texas. The hour long DVD provides information about the neuroscience of how children learn and the activities that anchor the concepts. The visual learner will enjoy seeing the information come alive! This DVD is not only for early childhood teachers, but also for all teachers who love to see students succeed!



#### How to Make Learning a Moving Experience DVD

Jean Blaydes Madigan

\$45.00

The hour long video was created by the Virginia Department of Education as a staff development tool to help teachers teach academic concepts kinesthetically. The first segment features information about how brain research supports the link of movement to learning and how and why physical activity enhances learning. The remainder of the video is Jean Blaydes Madigan teaching students of different grade levels in different teaching venues in the classroom, gymnasium, and music room. The manual provides the lessons presented in the video in their entirety. This is a must see video showing how the brain research translates in to classroom practice and how to make learning a moving experience!

### Music CDs

#### Complete Set of 11 Music CDs

\$192.00

- Brain Boogie Boosters CD
- Cool Beats That Teach CD
- Get Funky Music CD
- Moving to Math Music CD
- #1 Best Kid's Songs! CD
- Physical Ed CD
- Nutrition & Fitness Can Be Fun Music CD
- Rockin' Reading Songs CD
- Rock Roll Songs That Teach CD
- Tony Chestnut & Fun Time Action Songs Music CD
- Get on Board the Transition Train CD



#### Supersize Rubber Bands (class set of 24)

\$19.95 per packet

Jean Blaydes Madigan uses these rubber bands in her "Soul Man" activity to increase upper body strength.

Package includes: eight - 12", eight - 14", and eight - 17" - 24 Total.

To place your order, please contact the Healthy Lifestyles Bookshop

Ph: (08) 8340 3388 ♦ Fax: (08) 8340 3399

Email: [bookshop@achper.org.au](mailto:bookshop@achper.org.au) ♦ Web: [www.healthylifestylesbookshop.com.au](http://www.healthylifestylesbookshop.com.au)

\*All prices are in Australian dollars and include GST. Member discounts apply. Prices are correct as of 2nd November, 2011. Prices are subject to change depending on exchange rate. Additional Postage & Handling charges apply - \$7.95 for the first item + \$1.95 every item thereafter. Maximum charge of \$20.00. Maximum of \$7.95 for deliveries to Adelaide Metro Areas.