

Three Products for Your School's Wellness Policy Needs!

Order a
complete series
NOW
and receive a
FREE DVD!



COMPREHENSIVE
HEALTH
EDUCATION
FOUNDATION

Our products are teacher-friendly:

- self-contained
- easy to use
- no consumables

Three Options to Improve Your School's Health!



“*The FUEL series inspired my students to take action in positive ways.*”

—Chris Heumann, junior high school teacher, Cupertino, CA

FUEL™ Educator's Modules

The *FUEL*™ series on childhood obesity is vital to your school's wellness policy because it addresses three components of coordinated school health.

Many schools are trying to deal with obesity, but middle and high school students aren't motivated by BMI or the food guide pyramid. The *FUEL* series is effective because it uses hip, teen-hosted videos to get students fired up about how the media influences their self-image and consumption habits.

The complete *FUEL* series includes:

- 4 Educator's Guides—each guide has 5 step-by-step lesson plans with handouts, projects, and pre- and post-tests
- 4 videos on DVD and VHS (30 min. each)

The titles are:

1. *Skin Deep*—media literacy, self-esteem, and body image
2. *Energy for Action*—healthy eating and nutrition
3. *The Perfect Machine*—physical activity
4. *Taking on the World*—positive activism

For sample lessons, video clips, and correlations, please visit <http://fuel.chef.org>.

Try It Free for 30 Days

When you select “Free 30-Day Preview” on the enclosed order form, we'll send you the complete *FUEL* series of Educator's Modules and give you 30 days to evaluate it before payment is due. If you return the preview, you only pay the return postage.

FUEL Educator's DVDs

Useful for media libraries and for inspiring teen discussion. Includes 4 DVDs (30 min. each), 4 pamphlets, and public performance rights.

EDUCATOR'S DVDs

Complete Series
 50.001.3902 \$195.95



fight childhood obesity



EDUCATOR'S MODULES

Complete FUEL Series
 50.001.3801 \$499.95
 (Save almost \$100!)

Skin Deep
 50.001.3301 \$149.95

Energy for Action
 50.001.3302 \$149.95

The Perfect Machine
 50.001.3303 \$149.95

Taking on the World
 50.001.3304 \$149.95

Order the complete *FUEL* series by Dec. 15 and we'll include one FREE *FUEL* DVD for classroom use.

FUEL™

Grades 5 – 12

To request a FREE 30-day preview or place an order, please use the enclosed order form or call 800-323-2433.

Three Options to Improve Your School's Health!



I thought I just had to deal with stress, but Chill made me realize I can do something about it.



—Katherine S., 10th grade student, Woodinville, WA

Chill™ Educator's Modules

Your school's wellness policy could not be complete without the *Chill*™ series on teen stress management, which addresses two components of coordinated school health.

Stressed teens are at risk for eating disorders, obesity, substance abuse, smoking, problems with school, and serious health and emotional issues. The *Chill* series is effective because it uses hip, teen-hosted videos to reach teens and help them make healthier decisions.

The complete *Chill* series includes:

- 4 Educator's Guides—each guide has 5 step-by-step lesson plans with handouts, projects, and pre- and post-tests
- 4 videos on DVD and VHS (30 min. each)

The titles are:

1. *In the System*—academic stress
2. *Playing the Part*—social stress
3. *Family Ties*—home and family stress
4. *Keeping It Real*—media and cultural stress

For sample lessons, video clips, and correlations, please visit <http://chill.chef.org>.

Try It Free for 30 Days

When you select "Free 30-Day Preview" on the enclosed order form, we'll send you the complete *Chill* series of Educator's Modules and give you 30 days to evaluate it before payment is due. If you return the preview, you only pay the return postage.

Chill Educator's DVDs

Useful for media libraries and for inspiring teen discussion. Includes 4 DVDs (30 min. each), 4 pamphlets, and public performance rights.

EDUCATOR'S DVDs

Complete Series
50.002.3902\$195.95



manage teen stress



EDUCATOR'S MODULES

Complete *Chill* Series

50.002.3801\$499.95

(Save almost \$100!)

In the System

50.002.3301\$149.95

Playing the Part

50.002.3302\$149.95

Family Ties

50.002.3303\$149.95

Keeping It Real

50.002.3304\$149.95

Order the complete *Chill* series by Dec. 15 and we'll include one FREE *Chill* DVD for classroom use.

Chill™
Grades 7 – 12

To request a FREE 30-day preview or place an order, please use the enclosed order form or call 800-323-2433.

Three Options to Improve Your School's Health!

“

ThinkLinks helps educators go beyond their usual point of view during meetings.

”

—Jean Schultz, School Health/Professional Development,
National Middle School Association, Westerville, OH

ThinkLinks® Tool Packet

The *ThinkLinks*® Tool Packet helps educators avoid policies that are inconsistent with coordinated school health, such as one department removing candy from vending machines while another group organizes a candy-sale fundraiser.

It's easy! During meetings, just place a few relevant *ThinkLinks* cards on the table as a tool to keep decision-making in sync with your goals for coordinated school health.

The *ThinkLinks* Tool Packet includes:

- *ThinkLinks* booklet—how to use the *ThinkLinks* cards
- 24 *ThinkLinks* cards:
 - 8 components of coordinated school health
 - 8 principles of coordinated decision-making
 - 8 factors of risky student health behaviors

For sample cards, please visit www.chef.org/thinklinks.

**coordinate
school health**



TOOL PACKET
26.000.3301\$29.95



**To request a FREE 30-day preview or place an order,
please use the enclosed order form or call 800-323-2433.**

FUEL™ and Chill™ Sample DVD

Watch our video clips to experience the power
of the FUEL™ and Chill™ series!



The FUEL and/or Chill series have already been purchased by:

AK: Anchorage SD, West Anchorage HS; **AL:** Albertville City Schools; **AR:** North Little Rock Schools, Lake Hamilton SD, Univ. of AR Coop. Ext. Serv., Univ. of AR; **CA:** San Jose State Univ., Del Norte Co. Schools, CA Dept. of Health Services, San Francisco USD, CA DOE, Stanislaus Co. Office of Ed., Los Angeles USD, San Bernardino City USD, Santa Maria Joint Union District, Alhambra USD, Delano Union SD, Ventura USD, Alameda COE, San Mateo Co. Health Dept., Santa Clara Co. School Health Clinic, Temecula Valley USD, Black Oak Mine USD, Madden Library, San Francisco DOH, Fresno USD, Alcohol Drug & Mental Health Services, CA Healthy Kids Resource Center, Chula Vista Elementary SD; **CO:** Colorado Springs SD #11, Rishel MS; **DE:** DE State Univ., Polytech SD; **FL:** FL Atlantic Univ., Marion Co. School Board, Brevard Co. School Board, Pinellas Co. Schools, Orange Co. DOH, Palm Beach Co. Health Dept., Rafael Penalver Clinic, Pinellas Co. DOH, Pinellas Co. Ext., Univ. of FL, Orange Co. Public Schools, Marion Co. SD, West Hernando MS, Hendry Co. Public Health Unit, Lake Co. SD #1, Alachua Co. Health Dept.; **GA:** South Health District 8-1, Center for Family Research, Academy for Educational Development, Rockdale Co. BOE; **IA:** Bettendorf Community SD; **ID:** Univ. of ID-EFNEP; **IL:** Community Unit SD #20, IL Net Program, Jacobs HS; **IN:** Northside MS, Huntington North HS, Franklin Twp Comm. School Corp.; **KS:** Lawrence USD #497, Home Baking Assoc., KS State Univ., **KY:** Middlesboro MS, Univ. of KY; **MA:** MA DOE, Silver Lake Reg. School Dept., Arlington Public Schools, Amesbury Public Schools, East Hampton Public Schools, Framingham State College, Cambridge Public Health Dept., Norfolk Public School; **MD:** Baltimore City Public Schools,

MD State DOE, National Agricultural Library; **ME:** Univ. of Southern ME, ME Nutrition Network; **MI:** Hudson Area Schools, Genesee Intermediate SD, MI DOE, Oakland Univ., Taylor SD, Spectrum Health Heart Reach, MI State Univ. Ext.; **MN:** Univ. of MN, Kandiyohi Co. Public Health, St. Paul Ramsey Co. DOH, Discovery MS, Osakis Public School, Alexandria ISD 206; **MO:** Parkway Central HS, Parkway SD, Univ. of MO, Clayton SD; **NC:** NC Cooperative Ext., NC School Health Training Center, NC Dept. of Health & Human, Lincoln Community Health Center, W.H.A.T.; **ND:** Grand Forks Police Dept.; **NE:** PCS Health Center; **NH:** Salem SD, Univ. of NH Coop. Ext.; **NJ:** Burlington Twp BOE, Lakewood BOE, Center for Prevention and Counseling, Rutgers Univ.; **NM:** NM State Univ.; **NY:** Carthage Central SD, Williamsville CSD, New York City BOE, Broome Tioga BOCES, Ulster Co. BOCES, Cornell Univ., Teachers College, Food Change, Minisink Valley MS, Arlington Central SD BOE; **OH:** Nutrition Council, Shaker Heights City Schools, Southern OH ESC, Stow Munroe Falls HS District, Newark City SD; **OK:** Cherokee Nation; **OR:** Univ. of OR, Beaverton SD #48, Salem-Keizer Public Schools; **PA:** Upper St. Clair Twp SD, Potter Co. Human Services, Philadelphia Office of Health, Stetson MS; **SC:** Cherokee Co. SD; **TN:** Scott Co. Schools, Memphis Shelby Co. Health Dept.; **TX:** Paschal HS, Univ. of TX; **WA:** Seattle Public Schools, Univ. of WA, ESD 101, ESD 105, WA State Univ., Sedro-Woolley SD #101, Thurston Co. Public Health Dept., North Central ESD, Surprise Lake MS, City of Yakima, Tacoma SD #10; **WI:** Whitefish Bay SD, Univ. of WI Ext., Wausau SD, CESA 11; **WV:** South Charleston Public Library, Monongalia Co. Schools; **WY:** Univ. of WY

About C.H.E.F.®

For over 30 years, Comprehensive Health Education Foundation (C.H.E.F.®) has been recognized as a national leader in developing products that support the healthy development of youth.

Our K–12 products help students develop the skills they need to curb unhealthy behaviors and make smart, healthy decisions.

For more information, please visit www.chef.org.



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HEALTH EDUCATION FOR LIFE®



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We cannot ship to P.O. boxes.

Item No.	Description	Qty.	Unit Price	TOTAL
50.001.3801	FUEL™ Educator's Modules – Complete Series		\$499.95	\$
50.001.3301	FUEL Skin Deep – Educator's Module		\$149.95	\$
50.001.3302	FUEL Energy for Action – Educator's Module		\$149.95	\$
50.001.3303	FUEL The Perfect Machine – Educator's Module		\$149.95	\$
50.001.3304	FUEL Taking on the World – Educator's Module		\$149.95	\$
50.001.3902	FUEL Educator's DVDs – Complete Series		\$195.95	\$
50.002.3801	Chill™ Educator's Modules – Complete Series		\$499.95	\$
50.002.3301	Chill In the System – Educator's Module		\$149.95	\$
50.002.3302	Chill Playing the Part – Educator's Module		\$149.95	\$
50.002.3303	Chill Family Ties – Educator's Module		\$149.95	\$
50.002.3304	Chill Keeping It Real – Educator's Module		\$149.95	\$
50.002.3902	Chill Educator's DVDs – Complete Series		\$195.95	\$
26.000.3301	ThinkLinks® Tool Packet		\$ 29.95	\$
Subtotal				\$
Shipping and handling*				\$
Subtotal with S & H				\$
*U.S. Shipping and Handling Charges \$10.00 + 4% of subtotal.				\$
Sales tax, if shipped within WA state (8.8%)				\$
Outside U.S.: E-mail or fax for quote.				\$
ORDER TOTAL				\$

NOTE: The FUEL and Chill Educator's Modules and DVDs include public performance rights.

Free 30-Day Preview We'll give you 30 days to evaluate these products before payment is due. If you return the preview, you only pay the return postage.
 Free 30-Day Preview: FUEL Educator's Modules – Complete Series
 Free 30-Day Preview: Chill Educator's Modules – Complete Series

Payment Method Pre-payment enclosed (make checks payable to C.H.E.F.®)
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For questions about your order, please contact Customer Service at 800-323-2433 or cs@chef.org.