



Finding The Balance  
Produced in partnership with Duke University  
Center for Wellness

**Nutrition Ambition**  
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# Nutrition Ambition:

## *Reaching Your Wellness Goals*

Raise Funds for Your School  
While Helping Students Fight  
Childhood Obesity & Diabetes ...

*- At home, over the Summer / in the Fall!*

**See Back for more information**

***The United States is faced with an ever increasing Adult and Childhood Obesity epidemic! American children are gaining weight faster than ever. Double burgers and king-sized candy bars are too big to be digested. Those empty calories are being stored as fat!***

***Even children who are not overweight are often undernourished.***

**This generation may not outlive their parents!**

By 2010 nearly half the children in North America will be overweight with 80 percent of these children likely to be overweight as adults.

Schools have the opportunity to truly make a difference while also raising money for your School.

Show parents that your school is concerned by offering a FUN, ENGAGING, CROSS-CURRICULAR, ANTI-OBESITY, NUTRITION & WELLNESS CURRICULUM for your students and their families that reinforces your students basic Reading/Language Arts, Math, and Science Skills.

The **Nutrition Ambition: Reaching Your Wellness Goals** series is a fun and engaging way to educate students and parents about topics such as: Supersizing, Junk Food, Fruits and Vegetables, Water Intake, Sugar Intake, The Role of Sleep, Emotions, and Skipping Breakfast, and to better understand the inter-relationship between: Food, Their Bodies, Body Systems, Nutrition, Metabolism, Exercise, and Health & Wellness.

Designed for both classroom and home use, each workbook contains over 110 pages of engaging topics and activities. The workbooks were designed for early healthy lifestyle intervention. The three workbooks are age appropriate for children ages 7 - 13. Also included is an interactive CD **"Finding the Balance"**, developed by the Duke University Center for Wellness, that demonstrates, in a gaming simulation manner, the relationship between typical 'kid food' intake and the amount of exercise required to 'burn off' the associated calories.

Utilized in the home, over the summer, the National Standards aligned cross-curricular workbook activities included in these materials can be an excellent vehicle for parents to keep their child's Reading/Language Arts, Math, Science, and Health skills sharp while having the whole family learn about Nutrition and Wellness in a fun and engaging manner.

**If you, your School, PTA, or PTO is interested in this 'fund raising' opportunity (a portion of the proceeds from the sale of each book will go to your school) please contact: Sales@bauxpublishing.com or call (408) 398-1312 for more information.**

For additional company information and the opportunity to 'preview' our materials, please feel free to visit our website: <http://bauxpublishing.com>

FOR PARENT USE

ITEM #	DESCRIPTION			UNIT PRICE
	NUTRITION AMBITION, plus <i>Finding the Balance</i> CD			\$ 20.00
QTY	ITEM #	DESCRIPTION	UNIT PRICE	LINE TOTAL
	3201	Nutrition Ambition (Ages 7 - 8)	\$ 20.00	\$ -
	3202	Nutrition Ambition (Ages 9 - 10)	\$ 20.00	\$ -
	3203	Nutrition Ambition (Ages 11 - 13)	\$ 20.00	\$ -
		Shipping & Handling per Book	\$ 2.00	\$ -
		Total Order		\$ -



SCHOOL:				Teacher:	
FIRST NAME:					
LAST NAME:					
ADDRESS:					
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PHONE:		EMAIL:			
CHECK #:					

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