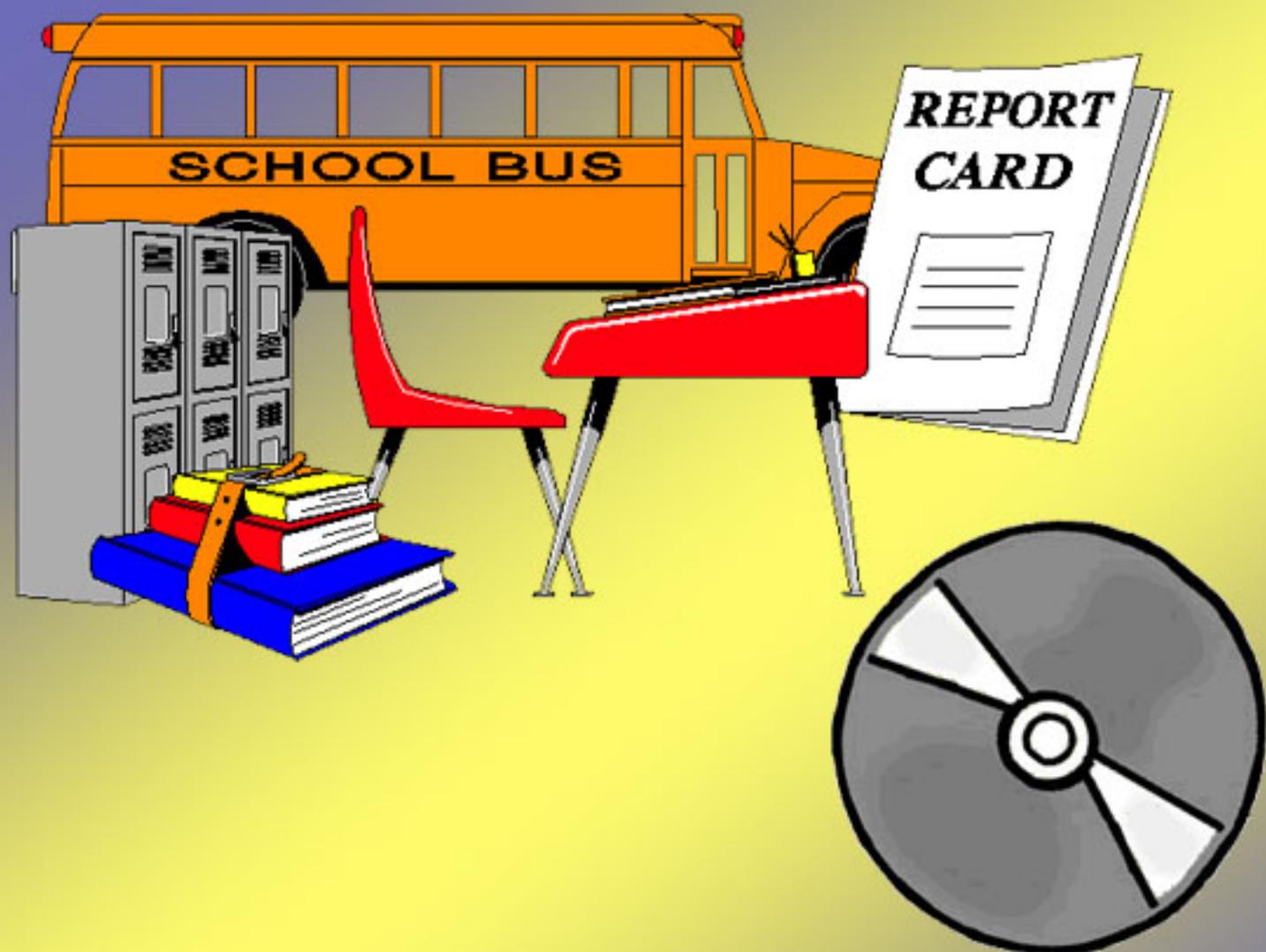


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Live Better Longer VHS Series

This four part video series highlights ways to live better longer and healthier through proper nutrition, weight control and exercise. In addition, the unhealthy behavior of smoking is explored. Each live action video is approximately 15-20 minutes in length and includes a Teacher's Guide with discussion questions and a pad of Student Activity Worksheets.

Live Better Longer Video Series (set of 4) © 2000
 GS33505 Set of 4 Videos \$359



Eating - Balance is the Key

This video promotes a balanced diet as the key to a "healthy life nutritionally." Trina Creighton, Health Editor for a major TV network station, stresses the reduction of sodium, saturated fats, fried foods, processed sugars and snacks in the diet and provides tips for doing so. Daily menus that promote a

balanced diet are provided and the user is encouraged to keep a food diary to record his or her diet. © 2000. 1 in a series of 4.

GS351 Eating - Balance VHS \$99

The No-Smoking Zone

The dangers of cigarettes, the #1 preventable cause of death, are outlined in this video. Trina Creighton, Health Editor for a major TV network station, outlines the many harmful effects smoking causes including the number of people who die from smoking-related illnesses and other health risks associated with smoking. The unattractiveness of smoking is emphasized as well as the harmfulness of second-hand smoke and non-smokers' rights. © 2000. 2 in a series of 4.



GS352 No-Smoking Zone VHS \$99



The New You - Exercise

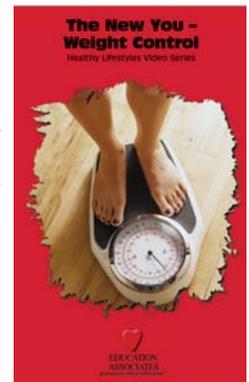
This video points out that many people don't engage in regular physical fitness activities despite the potential health problems related to inactivity. Reasons for a daily exercise routine are presented with emphasis on personal appearance and feeling better. Three types of exercise are defined and effective workout tips are provided. © 2000.

3 in a series of 4.

GS353 New You - Exercise VHS \$99

The New You - Weight Control

This video helps users see the importance of wise eating habits and how they relate to control and maintenance of proper body weight. The ways to curb "spontaneous snacking and unconscious eating" are described and the bad habits that are the most detrimental to effective weight control are detailed. Includes tips for eating outside the home. © 2000. 4 in a series of 4.



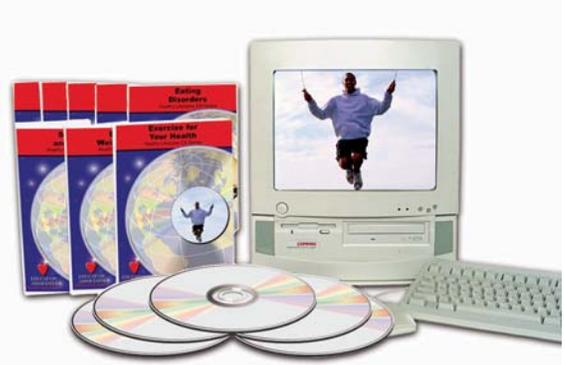
GS354 New You - Weight VHS \$99

Healthy Lifestyles CD Series

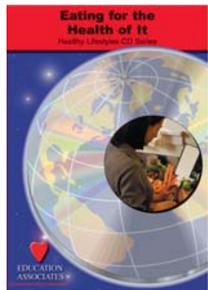
This eight part CD series helps the user explore ways to have a healthier lifestyle through proper eating selections and nutritional balance, weight control and exercise. Each CD contains a pre and post test, multiple choice questions and self-discovery questions and "learning in action" activities. A diploma is also printed for a passing score on the post test. *System Requirements: Windows 95/98/2000/NT, Pentium 90, 24mb RAM, 640 x 480/16 bit color, 4X CD rom, Internet Explorer 5.0 (setup provided on CD)* Highlights of the CDs include:

- ◆ Internet Links
- ◆ Disk Management Capabilities
- ◆ Printouts
- ◆ Tutorials
- ◆ Graphics
- ◆ Self Discovery Interactive Questions
- ◆ Pre- and Post-Tests
- ◆ Learning in Action Activities

**Limited Time Offer
Set of 8**



Healthy Lifestyles CD Series (set of 8) © 2001
 GS39600CD Set of 8 CDs \$ 709
 GS39600CDSL Site License \$1439
 GS39600CDN Network \$2159



Eating for the Health of It

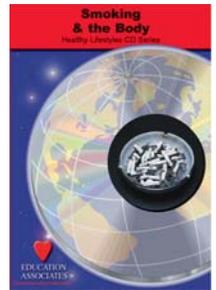
You've heard it before "We are what we eat." This program emphasizes eating right for a healthy lifestyle. The key nutrients, proteins, carbohydrates, and fats are discussed including vitamins and minerals. The foods that provide these elements are defined and the functions they

provide. Also describes the digestive system, metabolism and its effects in gaining weight. © 2001. 1 in a series of 8.

GS39601CD Eating Health of It CD \$ 98
 GS39601CDSL Site License \$200
 GS39601CDN Network \$300

Smoking and the Body

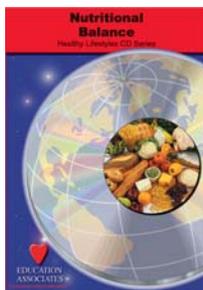
This CD provides an in-depth look at the many serious consequences to the body of smoking including the physiological effects and looks at nicotine as an addictive drug. Details how smoking also causes many other cancers in the body as well as emphysema and chronic bronchitis. Stresses the link between smoking and heart disease and describes how pipe and cigar smokers are at risk, too. The effects to a fetus if the mother smokes are also covered. © 2001. 3 in a series of 8.



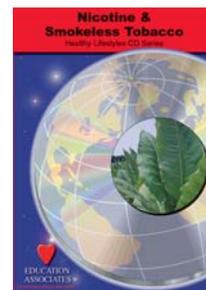
GS39801CD Smoking & the Body CD \$ 98
 GS39801CDSL Site License \$200
 GS39801CDN Network \$300

Nutritional Balance

This CD stresses the importance of making balanced choices in nutritional selections for a healthy lifestyle. The food pyramid is detailed, including which foods are included in each group and how many servings are needed daily. In addition the program looks at food additives, health foods and nutrition-related diseases. © 2001. 2 in a series of 8.



GS39602CD Nutritional Balance CD \$ 98
 GS39602CDSL Site License \$200
 GS39602CDN Network \$300



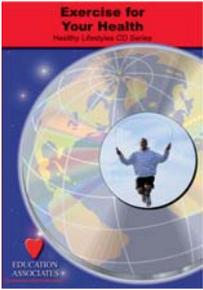
Nicotine and Smokeless Tobacco

Smokeless tobacco produces many of the dangers of smoking - because it contains the addictive drug nicotine. This program details the many negative effects of nicotine and smokeless tobacco. Smoke-less tobacco also increases the risk for many types of cancers which are detailed in this program. Stresses how rates for smokeless tobacco use are highest among males 12-17 years old. © 2001. 4 in a series of 8.

GS39802CD Nicotine & Smokeless CD \$ 98
 GS39802CDSL Site License \$200
 GS39802CDN Network \$300

Healthy Lifestyles CD Series

Exercise for Your Health



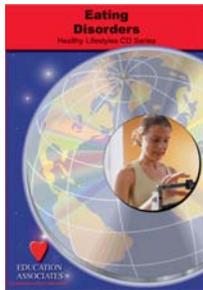
This program provides a detailed explanation of the body's need for exercise and a description of the different types of exercise. Important tips for exercising are covered including how to develop an exercise plan, warming-up and cooling down. Aerobic and anaerobic exercises are discussed. Also

stresses how injuries can occur during exercise and provides tips on how to prevent injuries. Encourages a gradual beginning to an exercise program and that to be effective an exercise program must be a part of a regular schedule and the person must stay motivated to continue regular exercise. Provides opportunity for user to develop a personal exercise plan. © 2001. 5 in a series of 8.

GS38001CD	Exercise Health CD	\$ 98
GS38001CDSL	Site License	\$200
GS38001CDN	Network	\$300

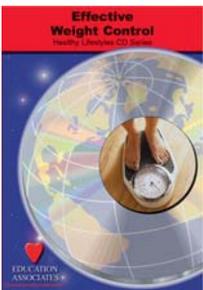
Eating Disorders

This CD gives a detailed explanation of eating disorders - anorexia, bulimia, and compulsive overeating - what they are, the psychological factors involved, who has them, why they have them, and what can be done. Details how it's not always easy to tell who has an eating disorder and describes the visible characteristics. The link between low self-esteem and eating disorders is described and the fact that someone suffering from an eating disorder needs to seek outside help. © 2001. 8 in a series of 8.



GS38202CD	Eating Disorders CD	\$ 98
GS38202CDSL	Site License	\$200
GS38202CDN	Network	\$300

Effective Weight Control

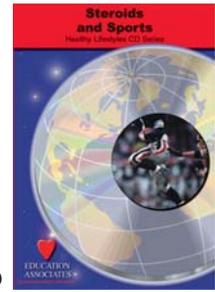


Users of this program will develop a better understanding that the best way to lose weight is to reduce caloric intake and increase exercise. Explains the digestive process and factors that increase the accumulation of body fat. Also covers the negative consequences

of diet pills and over-the-counter medications. Provides an opportunity for the user to chart a healthy weight loss plan. © 2001. 7 in a series of 8.

GS38201CD	Effective Weight CD	\$ 98
GS38201CDSL	Site License	\$200
GS38201CDN	Network	\$300

Steroids and Sports



This program provides an in-depth look at anabolic steroids including what they are, what they do to the male and female bodies, what effects they have on behavior and what consequences are irreversible. Also stresses how steroids stunt the growth process and the negative effects on adolescence. The CD also looks at other drugs used by athletes including amphetamines and their link to violence in sports, therapeutic drugs, and alcohol and their effects on performance. © 2001. 6 in a series of 8.

GS38101CD	Steroids and Sports CD	\$ 98
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