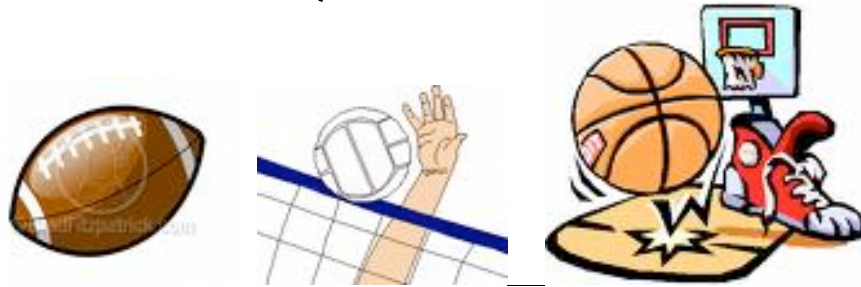


For Students Entering Grade 12: PHYSICAL EDUCATION / HEALTH



No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life - Kyle Maynard
Born without arms or legs below his elbows and knees, Kyle Maynard excels as a champion athlete, inspirational speaker, college student and male model. No Excuses is his inspirational autobiography that shows how a positive can-do attitude gives someone who could be seen as disadvantaged the advantage over life.

In Defense of Food – Michael Pollan

Food is the one thing that Americans hate to love and, as it turns out, love to hate. Michael Pollan poses an important question: where is the food in our food? He follows with wonderful, insightful answers about the lack of nutrition that's come to typify our food culture. Pollan shows that the convenient "healthy" alternatives to whole foods are horribly inconvenient because our health has deteriorated since we started exiling carbs, fats--even fruits--from our daily meals. Pollan analyzes the American diet and offers an inspiring glimpse of what it would be like if we could put our food back together again and reconsider what it means to eat well.

7 Steps to Perfect Health - Gary Null

Gary Null is a health and wellness expert who has garnered an enormous wealth of life-affirming and self-improving wisdom over more than thirty years. This accumulated wisdom has been put into an easy-to-follow and practical seven-step program that can lead to optimum health, and well-being. The book includes advice on healing, product recommendations, a daily exercise program, original recipes and more!

Fit for Life - Not Fat for Life - Harvey Diamond

Co-author of the best-selling Fit for Life, Diamond encourages a lifelong diet composed of 50% raw (living) food and no more than 50% dead (cooked) food in order to lose weight and maintain the greatest physical and mental health. Diamond, who was exposed to Agent Orange during the Vietnam War, was 50 pounds overweight. He is convinced that eating living food is what gave him back his health. Diamond clearly explains how the digestive process works more efficiently when less cooked food is consumed.

50 Secrets of the World's Longest Living People - Sally Beare

Nowadays people are living longer than ever before. Although some can expect to live to 100 or more, many people feel that they will unavoidably suffer the diseases of old age. However, there are places in the world where people have commonly lived to 100 through sound dietary habits and balanced, healthy lifestyles. This book looks at the nutrition and lifestyle behaviors of the world's five longevity hotspots—Okinawa, Japan; Bama, China; Campodimele, Italy; Symi, Greece; and Hunza, Pakistan—and explains how to assimilate the wisdom of these people.

