

Title:

Orange County Unified School District Uses New Strategy to Help Obese Students

Word Count:

529

Summary:

John Gipe used to be overweight in high school. He heard his teachers call him heavy and he kn

Keywords:

Orange County

Article Body:

Tesoro High School Gym Teacher Helps Teens Stay Fit

John Gipe used to be overweight in high school. He heard his teachers call him heavy and he kn

He made a decision to try and do something to help these students. Gipe saw that the tradition

Health Spa Techniques

Gipe's Body Composition class offered in some Orange County School District high schools is of

When the exercises are over, the students gather to practice yoga style breathing and cool dow

Why Student Health is so Important

Unhealthy students are not just hurting themselves but can have a negative affect on the schoo

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