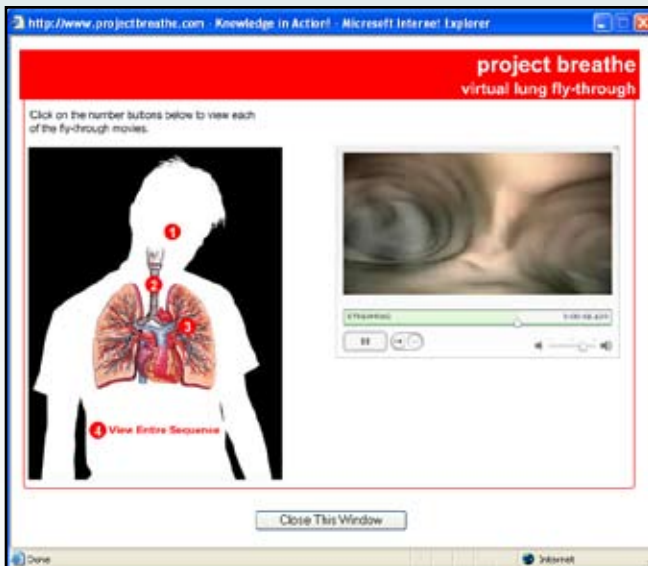


Project Breathe is an interactive, evidence-based curriculum that focuses on respiratory health, tobacco prevention education and smoking cessation for students K through 12. This web-based program supports a school's health and physical education, and science curriculum—and it is also an effective program for enrichment activities, student assistance programs, and school nurses. **Project Breathe meets the Centers for Disease Control & Prevention (CDC's) Best Practices for Comprehensive Tobacco Control Programs.**



Above: Middle School students using Project Breathe in the classroom.
Far left: Hands-on demonstration of a healthy lung.
Left: Dr. Gillio providing professional development to teachers.



Above: Project Breathe includes fascinating videos to reinforce the knowledge acquired in the tutorials—such as this virtual fly-through tour of the lungs.

Below left: Middle school students using Project Breathe in the classroom.
Below right: Two elementary school students test their lung volume with the Project Breathe Hands-On Kit.



Quick-Check Benefits of Project Breathe:

- ✓ Aligned with national standards for health and physical education, science, language arts and math
- ✓ Helps schools comply with federal requirements for a Coordinated School Health Program
- ✓ Includes hands-on respiratory and cardiovascular health activities
- ✓ Includes pre- and post-use behavior assessments, and post-tutorial knowledge assessments
- ✓ Provides each student with a unique login to give them 24/7 access to the program from any computer
- ✓ On-site professional development training available by skilled members of the InnerLink team
- ✓ Helps students gain an understanding of the implications and impact of tobacco use

Knowledge

Features tutorials about lung and heart health and the effects of tobacco use on the body: Lungs, Heart, Protecting the Lungs, Lung Cancer, Tobacco Facts, Tobacco Advertising, Refusal Skills, Asthma, Smoking Cessation, Pregnancy and Smoking, and more.

Activities include pre/post assessments, counter smoking advertising activity and smoking cost and life expectancy calculators.

Skills

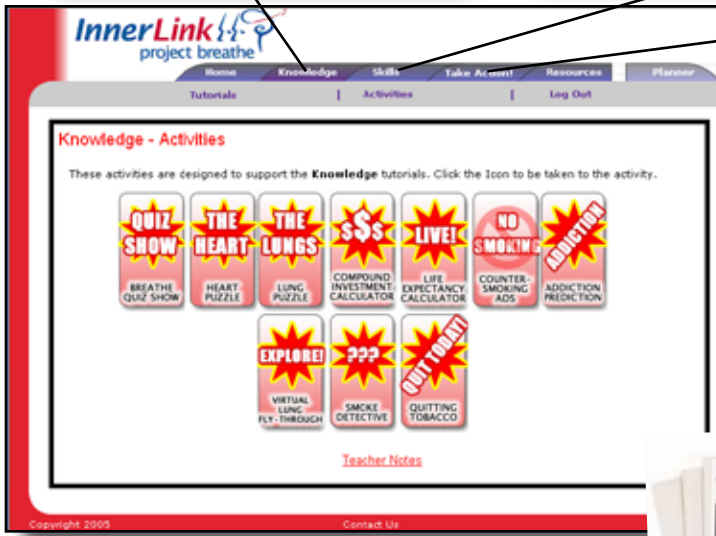
A Project Breathe Hands-On Kit enables students to complete activities and compute data about their own cardiovascular and respiratory health. Students measure their lung volume, peak flow, heart and respiratory rate, and conduct a shortness of breath simulation.

Results: better student understanding of their heart and lung physiology, and improved critical thinking and writing skills.

Take Action!

Project Breathe students apply the knowledge and skills they have acquired through community-based respiratory health activities.

Activities such as smoking cessation programs, smoke-free homes and cars initiatives, respiratory health screenings, and participating in your local tobacco-free coalition are available.



Learning Objectives:

Understanding the implications and impact of tobacco use on lungs and heart, use of the scientific method to solve problems. K-12 educators can use Project Breathe's Lesson Plan Wizard to develop custom menus of Lesson Plans and Activities that are tailored to their specific learning objectives.

Keep Them Engaged After They Leave Class!

"My Wellness Planner" is a unique tool which will help your students turn their knowledge and skills into a clear Take Action! plan that is uniquely their own. Students can print hard copies of all tutorials, activities and actions they learned in the program. This gives students an easy way to turn knowledge into clear goals to stay healthy for a lifetime!

- 5 years of proven success—testimonials available from teachers, administrators and students
- Standards-based instructional modules are searchable by grade and discipline
- Developed by a team of nationally-recognized leaders in the fields of education and medicine, led by Dr. Robert Gillio, MD, a respected pulmonologist
- The program is presented in an easy-to-read format, enhanced with multi-media applications
- Project Breathe helps to reinforce standards-based instruction in math, reading and language arts

Project Breathe is just one of the

My Wellness Projects

—a package of web-based health and safety curriculum from InnerLink. Contact us at 1-866-522-5487, or email Marketing@InnerLinkIT.com for more information. We'll be pleased to provide a temporary username and password—so you can sample these innovative products for yourself:

Project Fitness • Project Nutrition • Project Recover • Project Safe



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